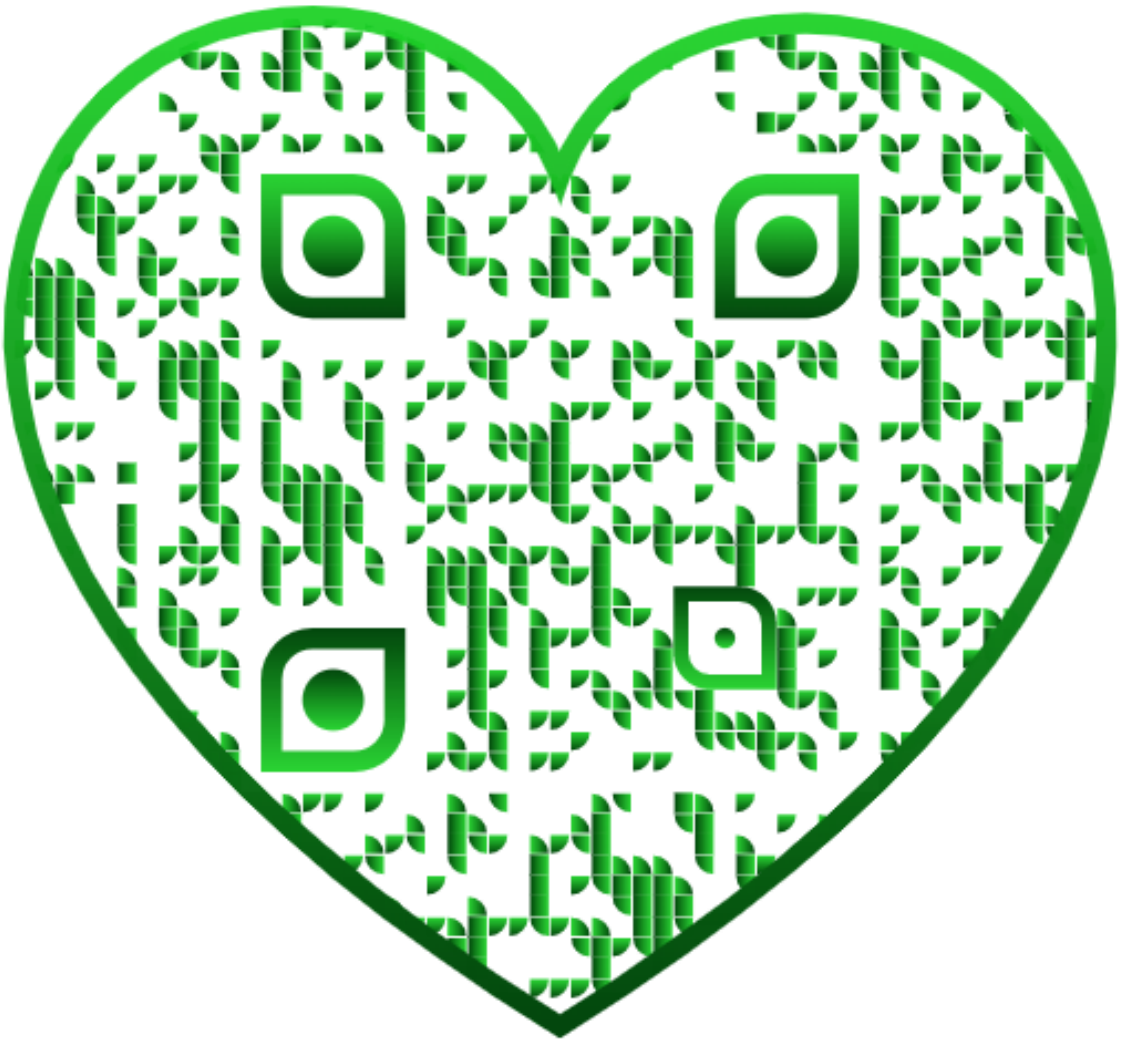
CONTACT MODALITIES

THE KEYS TO THE UNIVERSE

GRANT CAMERON

DESTA BARNABE



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DESTA BARNABE

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INTRODUCTION

In any field, find the strangest thing and then explore it.
-John Wheeler

Inhibit the left and engage the right.
-Consciousness researcher Tony Wright

The idea for a book on contact modalities (CM) comes from an experience that Rey Hernandez had in 2013. Hernandez is one of the founders of the Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Experiences (FREE), which did a major scientific study on 6,000+ people who believed they had had extraterrestrial or extraordinary contact experiences.

Hernandez had an earlier experience that set the way for the idea of contact modalities. In early March 2012, about a week after I had my first download experience where I got a message with absolute certainty that the whole UFO phenomena could be understood by studying consciousness, Hernandez and his wife had a bizarre paranormal experience with their dog:

> *My wife and I saw a floating energy being, 2 ft wide by 3 ft in height, who changed appearances, who performed a miraculous healing and controlled my mind during this process. My wife and my paralyzed dog (who we were going to euthanize that same day) disappeared right in front of my eyes, and I was then put to sleep for 45 minutes. I was not in bed but was in the middle of my living room with my wife. Forty-five minutes later, I woke up, and my wife and dog reappeared right in front of me, but our dog was completely cured of her total paralysis and returned with the energy of a teenager.*[1]

A few months later his wife, (who believed the dog incident was religious rather than UFO-related) had a series of sightings of "huge football stadium-size UFO crafts, less than 200 meters away, for the next three months."

Curious as to what was happening, Hernandez decided to ask for his own sighting of one of these crafts, so while waiting outside one day for a client to bring some paperwork to his house, Hernandez requested in his head to see one of the large crafts with the stained-glass windows that his wife had seen.

He waited for 15 minutes, and as he was giving up, suddenly saw a huge object over the neighbor's house the size of Wembley Stadium. He called out to his daughter, and she saw it as well. When the clients arrived, they too stood and watched the huge object.

Hernandez was hooked. He knew that there was some consciousness connection to the phenomena, as he had put out a mental message and received an answer. He headed to the internet and contacted me as I was one of the few people working on the connection of consciousness to the UFO phenomena.

Hernandez told me his story, and I agreed that it appeared there was some consciousness connection between Hernandez and what I call the intelligence behind the phenomenon.

I told Hernandez that I would be lecturing at Sebring, Florida, near his home in Miami, on *Consciousness and UFOs*. I invited him to meet me so we could discuss this concept further.

Hernandez agreed to come to what would turn out to be his first UFO conference after convincing his wife to go on what would be a second honeymoon. He arrived, we talked, and the two told their UFO story for the first time in public.

A couple of days later, Hernandez was stuck in a traffic jam in Miami. The traffic had come to a standstill. Here is what happened according to Hernandez:

> *It happened on May 16, 2013. It was the same week after I returned from my first UFO conference at Sebring, Florida. While driving in the middle of a traffic jam heading to downtown Miami at 8:30 AM, I had what can be described as an Out-of-Body Experience where I was placed in the middle of a huge spinning wheel, and I was given "instructions" by some unknown "ET" (Non-Human Intelligent Being) that I "must complete" a specific project. I want to provide a very brief detail of the "downloaded" message that I received. I had never experienced anything like this, and it freaked me out.*

First of all, it was not a voice telling me what to do. It was like a direct message was planted in my brain. It was not a thought, but more like a telegram was being read in my brain. Very difficult to describe, but I will try. All of this occurred after I was "taken" Out of Body and placed in some "matrix reality," where I was placed inside a very large spinning wheel. Let me explain.

I was driving into downtown Miami in the morning rush hour. The time was about 8:30 in the morning. I was listening to a public radio station interview, but towards the end of the interview, I was no longer driving my car in the middle of a traffic jam. Instead, I found myself inside a large spinning wheel the size of a huge Ferris Wheel. I was in the center of this spinning wheel. I felt that I must have gone Out of Body into a "Matrix" reality. I saw myself inside a spinning wheel with many spokes (imagine a huge Ferris wheel), and I was inside the fulcrum (in the center of the spinning wheel) looking outward as it was spinning around me. It had spokes which contained inside each spoke the following topic areas: ET Contact, Near-Death Experiences, Out-of-Body Experiences, Contact via Meditation, Channeling, Contact via Remote Viewing, Contact via Shamanic Journeys, Spirit World/Ghost Contact, etc. I then realized that these were various "Modalities" of having contact with Non-Human Intelligent Beings.

I was in the middle of this wheel, looking out at these spokes spinning around me. The information then came into my head, instructing me that it was "Consciousness," some advanced physics we do not yet know about, that was holding the Contact Modalities together- I felt that this vision was a very important "Key" to understanding the true nature of our reality.[2]

Hernandez would later refer to the wheel and its images as *Contact Modalities*. The idea was that there are so many ways to make contact with the world outside the waking perception of this world, and they were all linked by consciousness.

All the modalities are different masks over the same face. Researchers in the UFO and paranormal communities are parsing them, which is a mistake. This is simply the dominant rational left brain analyzing, separating, and declaring a winner. But they are all one. They are all the same.

Later, after Hernandez told me his story, I wrote a book based on my February 2012 consciousness download experience.

On hearing Hernandez's story and listening to others, I realized that there were many people who seemed to be getting material from someplace outside waking consciousness. These included artists, musicians, savants, people who had out-of-body experiences or near-death experiences, victims of brain injuries, and people doing psychedelic drugs. I wrote a book called *Inspired: The Paranormal World of Creativity.*

I came to the same conclusion that Hernandez had arrived at after his out-of-body experience or OBE wheel vision. All the weird stories in my book had the same foundation, which was consciousness.

I decided to make a list of all contact modalities with which people claimed they had made contact with aliens, spirits, dead people, their higher self, God, and with ultimate reality.

That led to the idea for this book. After making a list, I realized that I had over 70 contact modalities and not the 20 that I had predicted. More importantly, it became apparent in looking at the list that every one of the modalities was connected to non-waking consciousness, and that the modality was initiated through dissociation.

It is clear that people who have developed a contact modality (CM) effectively gain privileged access to the greater reality. They have made contact by shutting things down, rather than turning things on. They have found a way to get a clear signal in the noise and develop clairvoyance (clear seeking) or clairaudience (clear hearing), or clairsentience (clear sensing).

They are making the same point that poet William Blake made, "If the doors of perception were cleansed, everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern."[3]

We see people who make contact as unique when they are not. Everyone can be intuitive and make contact. Everyone has a perfect memory. Everyone is eternal. The key is access. The trick is to find the

password or the key that will let us hack the infinite, which has all the answers.

Instead of learning the process, we have chosen to believe that we are victims. We become like the frightened little child who is crying and peeing in their diaper.

We justify our non-access with victim excuses like genetic disposition, or luck. We might as well blame Hillary Clinton, brown evil banditos, and the dog that ate our homework.

The people referenced in this book have just learned to drive a car while the unlucky still walk. They have just learned to shut off the noise and rip open the filter that colors our world.

Each of us can gain the same access. We need to understand the concept that is there for everyone to access, and then learn one of the many processes to quiet the noise and open the filter.

The discussion of each modality is not intended to be a complete study. Within each chapter, we will cite only a few examples and show how they fit into the overall pattern of dissociation, which allows contact to anomalous cognition. If I were to make each modality a complete study, the book would be 2,000 pages long. Each modality could be a book.

My simple definition of a contact modality is that it is a way of entering a state of consciousness that is not our normal waking awareness. Everything breaks down to consciousness and awareness, which is the unchanging ground of being. All consciousness is non-local. Consciousness is a verb.

Our waking consciousness gives us the illusion of self, locality, separation, and levels. Waking consciousness sees consciousness as a noun – a thing. CMs are techniques that pop us out of the illusion of local perception and the acuity of time and space. CMs allow us a glimpse of the true nature of reality.

Noetic Clarification

Throughout this book, I will refer to downloads, inspirations, and enlightenment experiences, although these are more clearly defined by the concept of noetic experiences.

This revelation of Noetics came to me late in the game of writing this book. It is the more accurate term to describe what is going on.

William James, an American philosopher and psychologist, and the first educator to offer a psychology course in the United States defined the term noetic as:

> *...mystical states that seem to those who experience them to be also states of knowledge. They are states of insight into depths of truth unplumbed by the discursive intellect. They are illuminations, revelations, full of significance, and importance…and as a rule, they carry with them a curious sense of authority for after-time.*

The information in a noetic experience does not come from the rational, analytical left brain. Noetic ideas are not things that are figured out. They appear from somewhere else.

More importantly, noetic ideas come with a strong degree that the information is not just a good idea, but is some true knowledge. My personal experience left me with a sense of absolute certainty about the information I was receiving. This is extremely hard to describe to a person who has not experienced this certainty.

Noetic experiences, through various contact modalities, appear to allow the mind to tap into true knowledge that is stored somewhere. The entry into this storehouse of knowledge seems to involve quieting the noise in the left brain to allow the person to pick up a clear signal.

Forty percent of all UFO experiencers indicate that at one point during their experience, they knew the answer to everything in the universe. Others, such as meditators, have reached this same all-knowing state.

It would indicate that all knowledge is stored in a field somewhere and that access is the problem to overcome.

THE STRUCTURE OF REALITY

By getting the brain out of the way, whether through meditation, achieving a flow state, or sensory deprivation, we are able to rise above the Supreme illusion of earthly space-time.

-Former Harvard Neurologist, Dr. Eben Alexander

What, it might be asked, is reality?

One answer might be, that which I see around myself.

What I see around myself, however, must go through my brain. There are no exceptions. We cannot hypothesize a world that is not inside human experience if we have no way to be outside human experience. That makes all reality subjective. Perhaps I am having a bad brain day or even a bad brain life. What I see might be a product of my bad brain.

The only way we can know for sure something happened is to experience it. Truth is subjective but not definitive.

I can say that last night I had a dream, and when I was in the dream, I thought that was the real world. When I woke up, I realized that was just a dream and that the waking reality is "more real" than the dream. The waking state reality wins.

It is at that point where contact modalities come in, and where the cheese of the old school idea of reality starts to slide off the cracker.

Almost every person who has had a journey into the field, or non-local consciousness, or anomalous realms, or whatever you wish to call it, will come back and make a dramatic statement. They will say the reality they experienced there was "more real" than the waking state reality. The waking state loses in the comparison. That is why a discussion of CMs are so important if you want to know what is real.

Some will immediately argue that they do not believe what people who have escaped waking reality have to report. They will use the naming theory to proclaim it was all illusion. Give it a name and make it go away.

That, however, is not a great argument. It is kind of like someone in your dream arguing with you, claiming that waking reality is an illusion and that the dream state reality where they reside is the real deal.

In the last 100 years, the understanding of the structure of reality has changed dramatically.

Our modern-day reality belief system began to change with the theoretical and experimental trials that surrounded the development of the new world of quantum physics.

These new experimental findings tie into a proper understanding of the neuron cells within the human brain. Do the neurons of the brain create consciousness, or does consciousness create the cells that make up the brain?

One hint of the answer goes back to the famous dual slit experiment where the photo will always produce a wave pattern on the back wall after going through the two slits until there is an observer. This is what has become known as the “observer effect,” were observing a situation or phenomenon changes the outcome. The effect extends, as in the 1998 Weizmann experiment, to where the "observer" was an electronic detector.

Once there is an observer, the photon will create a particle pattern on the back wall after going through the slit. When the observer or measurement tool is removed, the pattern on the back wall turns back into a wave pattern. The observer is introduced as the wave pattern turns back into a particle pattern as if the photon wave changes to a photon particle when an observer/measurement is present. There are no exemptions.

Physicist John Wheeler extended this weirdness in a 1984 “delayed choice experiment,” which showed that our observations in the present could affect how a photon behaved in the past.

This clearly indicates that particles do not appear until there is an observer. When there is no observer, the photon will remain as a quantum wave potential. This led many physicists to declare that consciousness is primary and that there is no physical reality without an observer to create it by breaking down the quantum wave.

The results of the dual slit experiment led many physicists to conclude that awareness and consciousness are primary and that the material world is an epiphenomenon produced by the observer.

The double-slit experiment also hints at another key component of reality. The fact that the quantum wave changes to a particle when there is an observer shows that the wave is aware of whether or not there is an observer. If there is an observer, it does one thing. If there is no observer, it does something else.

Therefore, it is aware and conscious. So, everything in the universe is conscious, as everything would have quantum waves as their source.

Consciousness is primary, and not an epiphenomenon of the particles on the back wall in the double-slit experiment.

This new world view started to look more like the various Hindu ideas that the world is an illusion, a play of the supreme consciousness of God. It also fits well into the Buddhist world view that nothing is fixed or permanent, and that change is always possible.

There are many statements made by various physicists that conclude that the material world is subordinate:

Max Planck, Nobel Laureate, and the originator of Quantum theory - "I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness."

John Wheeler, Nobel Laureate who created the concept of wormholes and creator of the term black holes - "No phenomenon is a physical phenomenon until it is an observed phenomenon," and "we are participants in bringing into being not only the near and here, but the far away and long ago," and "We are not only observers. We are participators. In some strange sense, this is a participatory universe."

Physicist Andrei Linde of Stanford University - "The universe and the observer exist as a pair. I cannot imagine a consistent theory of the universe that ignores consciousness."

Sir James Jeans - "I incline to the idealistic theory that consciousness is fundamental and that the material universe is derivative from consciousness, not consciousness from the material universe... In general, the universe seems to me to be nearer to a great thought than to a great machine. It may well be, it seems to me, that each consciousness ought to be compared to a brain-cell in a universal mind."

Sir Robert Penrose, mathematician - "Consciousness is part of our universe, so any physical theory which makes no proper place for it falls … short of providing a genuine description of the world. I would maintain that there is yet no physical, biological, or computational theory that comes very close to explaining our consciousness …"

Niels Bohr, Nobel Laureate - "it still makes no difference whether the observer is a man, an animal, or a piece of apparatus, but it is no longer possible to make predictions without reference to the observer or the means of observation."

Erwin Schrödinger, Nobel Laureate - "Consciousness cannot be accounted for in physical terms. For consciousness is fundamental. It cannot be accounted for in terms of anything else."
Werner Heisenberg, Nobel Laureate - "It seems sensible to discard all hope of observing hitherto unobservable quantities, such as the position and period of the electron... Instead, it seems more reasonable to try to establish a theoretical quantum mechanics, analogous to classical mechanics, but in which only relations between observable quantities occur."
Eugene Wigner, Nobel Laureate - "When the province of physical theory was extended to encompass microscopic phenomena through the creation of quantum mechanics, the concept of consciousness came to the fore again. It was not possible to formulate the laws of quantum mechanics in a fully consistent way without reference to the consciousness," and "It will remain remarkable, in whatever way our future concepts may develop, that the very study of the external world led to the scientific conclusion that the content of the consciousness is the ultimate universal reality."
Sir Arthur Eddington - "It is difficult for the matter-of-fact physicist to accept the view that the substratum of everything is of mental character. But no one can deny that mind is the first and most direct thing in our experience, and all else is remote inference."

In the last few years, several key scientists have come forward to assert that materialism is not the bedrock of reality. Matter is not the building block of reality. The group includes some of the leading thinkers of the day, including such founding figures as Mario Beauregard, Larry Dossey, Lisa Jane Miller, Alexander Moreira-Almeida, Marilyn Schlitz, Gary Schwartz, Rupert Sheldrake, and Charles Tart. In 2014, they produced a document called, "A Manifesto for a Post-Materialistic Science." Thirty-five other scientists supported the manifesto. They described the group and mission as follows:

> *We are a group of internationally known scientists from a variety of scientific fields (biology, neuroscience, psychology, medicine, psychiatry), who participated in an international summit on post-materialist science, spirituality, and society… Our purpose was to discuss the impact of the materialist ideology on science and the emergence of a post-materialist paradigm for science, spirituality, and society.* [4].

The manifesto had 18 points. Here, in part, are some of the points:[5]

- The modern scientific worldview is predominantly predicated on assumptions that are closely associated with classical physics. Materialism—the idea that matter is the only reality—is one of these assumptions. A related assumption is reductionism, the notion that complex things can be understood by reducing them to the interactions of their parts, or simpler or more fundamental things such as tiny material particles.
- During the 19th century, these assumptions narrowed, turned into dogmas, and coalesced into an ideological belief system that came to be known as "scientific materialism." This belief system implies that the mind is nothing but the physical activity of the brain and that our thoughts cannot have any effect upon our brains and bodies, our actions, and the physical world.
- Scientists started to believe that it was based on established empirical evidence and represented the only rational view of the world.
- Faith in this ideology, as an exclusive explanatory framework for reality, has compelled scientists to neglect the subjective dimension of human experience. This has led to a severely distorted and impoverished understanding of us and our place in nature.
- Quantum mechanics has questioned the material foundations of the world by showing that atoms and subatomic particles are not solid objects—they do not exist with certainty at definite spatial locations and definite times. Most importantly, QM explicitly introduced the mind into its basic conceptual structure since it was found that particles being observed and the observer—the physicist and the method used for observation—are linked.
- Studies of the so-called "PSI phenomena" indicate that we can sometimes receive meaningful information without the use of ordinary senses…These events are so common that they cannot be viewed as anomalous nor as exceptions to natural laws, but as indications of the need for a broader explanatory framework that cannot be predicated exclusively on materialism.

- Rejection of post-materialist investigation of nature or refusal to publish strong, scientific findings supporting a post-materialist framework is antithetical to the true spirit of scientific inquiry, which is that empirical data must always be adequately dealt with. Data that do not fit favored theories and beliefs cannot be dismissed a priori. Such dismissal is the realm of ideology, not science.
- Materialist theories fail to elucidate how the brain could generate the mind, and they are unable to account for the empirical evidence alluded to in this manifesto. This failure tells us that it is now time to free ourselves from the shackles and blinders of the old materialist ideology, to enlarge our concept of the natural world, and to embrace a post-materialist paradigm.
- Mind represents an aspect of reality as primordial as the physical world. The mind is fundamental in the universe, i.e., it cannot be derived from matter and reduced to anything more basic…There is a deep interconnectedness between mind and the physical world.
- Minds are unbounded and may unite in ways suggesting a unitary, One Mind that includes all individual, single minds.
- The post-materialist paradigm has far-reaching implications. It fundamentally alters the vision we have of ourselves, giving us back our dignity and power, as humans and as scientists.
- The shift from materialist science to post-materialist science may be of vital importance to the evolution of human civilization. It may be even more pivotal than the transition from geocentrism to heliocentrism.

The ultimate question becomes: Is the basic universe made of little nuts and bolts, or is the primary component consciousness? If it is made of nuts and bolts, then that is one world with various rules and laws. If it is made of consciousness, then that is an entirely different world. If what Nobel Laureate John Von Neumann concluded was true, which was that the quantum wave potential is changed by an "extra-physical" factor, then everything that we believed before must be revisited. The way in which we perceive reality is now going to completely change.

Von Neumann was indicating that changing the wave into the physical world requires mind, not the brain. Physicist Amit Goswami also tied this observer effect into the understanding of the brain. He stated, "Consciousness does matter. Matter is secondary. Consciousness is primary. The brain does not do consciousness; consciousness does the brain."

Looking back at the double-slit experiment, it would appear that consciousness is primary. The present belief is that somehow the particles on the back wall were first. Then they all randomly gathered to create a brain, which then created the epiphenomena called the observer consciousness.

Terence McKenna said, "We are asked by science to believe that the entire universe sprang from nothingness, and at a single point and for no discernible reason. This notion is the limit case for credulity. In other words, if you can believe this, you can believe anything."

The observer was first. There is no material world without the observer.

If Goswami's 'consciousness creates the brain' is correct, then the brain is simply the idiot in between. As many now assert, it is simply like a phone or computer that sends and receives signals from outside itself.

The brain is not where consciousness occurs. There is no football game inside the TV, no matter how much we point out the neural correlates lighting up inside the TV's electronic components. There is no little screen inside the TV with high-end speakers. The brain is involved in the consciousness process, but it does not produce our consciousness, any more than firefighters at the scene of a fire caused the fire.

To overcome these past misconceptions that have been given to us by the waking consciousness, it is important to follow the strategies that the CIA gives to its officers to think more open-mindedly:

1. Identify your own beliefs and recognize they are biased.
2. Become proficient in developing alternate points of view.
3. Do not assume the other person will think or act like you.
4. Imagine that the belief you are currently holding is wrong, and then develop a scenario to explain how that could be true. This helps you understand the limits of your own beliefs.
5. Try out your own beliefs by actually acting out the role.
6. Play devil's advocate by taking the minority point of view. This helps you see how alternative assumptions make the world look

different.

7. Interact with other people of different backgrounds and beliefs.

The Dog and the Tail

Does the dog wag the tail or does the tail wag the dog?

Consider all the things that can happen in the brain. The materialistic paradigm says that the whole thing is random noise and that consciousness is an illusion.

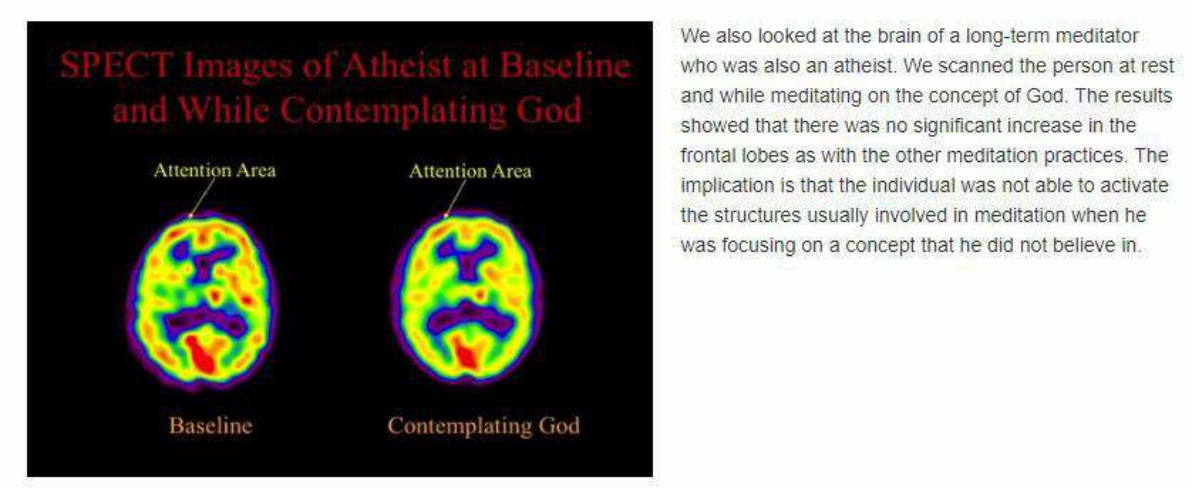
Coming down from that crazy idea, other less materialistic scientists believe that the neurons do things on their own, and we think we decided to do it. That is the tail wagging the dog theory.

Less materialistic theories say neurons act in a way they have been taught through a random evolutionary process to act when we do something. That is the dog wagging the tail scenario, but it still has problems.

Consider the Following:

- When Mingyur Rinpoche was in the lab at the University of Wisconsin, the minute he started doing a compassion meditation, his brain activity increased 700 to 800 % in seconds.
- fMRI scans of Mindful Awareness meditators showed that their amygdala response was slower and greatly slower on the right side.
- Praying Franciscan nuns and other nuns showed increased activity in the frontal lobes, just like Buddhist monks. They also showed increased activity in the inferior parietal lobe.
- The study of meditating atheists did not show increased activity in the frontal lobes.
- Research done by Marcus Raichle at Washington University in St. Louis showed that the brain regions deactivated during any mental task such as counting back by thirteen from 1,475. The noisiest state (found in the prefrontal cortex and the post cingulate cortex) was at rest. The same quieting occurs during meditation.

- When asked about their resting minds, most replies came with the reply that there were random thoughts about "me" and "I." This seems to indicate that at rest, or when we lose focus in meditation, the left-brain, ego-mind gains control and becomes the center of focus and attention.
- The action of refocusing during meditation from wandering ego thoughts back to the breath, compassion, loving-kindness, awareness, or whatever type of meditation is being done, activated a connection in the brain between the prefrontal cortex and the default mode. The more a person meditates, the stronger the connection and the less the falling into the wandering ego-mind.[6]


SPECT Images of Atheist at Baseline and While Contemplating God
Attention Area
Attention Area
Baseline
Contemplating God
We also looked at the brain of a long-term meditator who was also an atheist. We scanned the person at rest and while meditating on the concept of God. The results showed that there was no significant increase in the frontal lobes as with the other meditation practices. The implication is that the individual was not able to activate the structures usually involved in meditation when he was focusing on a concept that he did not believe in.

Now consider the questions:

How do the various neurons that are scattered throughout the brain know that the individual is doing compassion meditation, mindfulness awareness, praying, or is an atheist meditating or thinking about self?

Where is the signal coming from to alert each set of neurons to rest or fire? Who is sending the signal? What is the signal composed of? Do the neurons have meetings to discuss who does? How do all the signals going in different directions all arrive at one action?

Most importantly is the question: Is the observer sending messages to the neurons (the dog wagging the tail) or are the neurons randomly creating signals which end up taking action? (Tail wagging the dog)

Even more confusing is how do the neurons or the independent modules of the brain know what the observer is going to say next as he/she gives a

lecture, or is in a conversation? The observer may know in advance how he will move from topic to topic, but how do the neurons know what is coming? How do they quickly put in each word in the sentence, check the grammar, move the hands, the mouth, and the tongue? Who is actually talking?

Are the neurons providing the British or American accent having a board meeting ever half second with the neurons picking the words, or checking the grammar? This will be discussed again in the trance-channel modality chapter.

The IONS Institute has run experiments to test the role of consciousness in the physical world. One of these experiments looked at using consciousness to force a collapse of the quantum wave function through a "psychophysical" interaction. It was determined that consciousness could produce an effect.

One of the key people who were most able to influence the optical dual-slit experiment from another room was Swami Veda. Dean Radin asked him if he had taken his mind into the shielded room next door to observe the photon beam. Veda said, "No, it's all inside here," referring to his belief that the world and everything in the world is within him.

Here are two more incidents where there appears to demonstrate clear evidence that consciousness can affect or even change the physical world.

The first story became known as the Varian Hall of Physics Experiment. It involved psychic Ingo Swann at the Stanford Research Institute in 1972.

Swann's task was to "affect the magnetic field in a magnetometer below the floor of the laboratory." Evidence of the effect would show up as "a change in the output sine-wave recording." The photon detector was embedded in concrete below the floor of the lab.

Swann tried to influence the detector without success and then moved just to "look at it" with his mind. As soon as he said, "I think I can see it quite well," the pen on the graph paper started to produce "two wavy-line intervals." One of the nine witnesses exclaimed, "Jesus Christ!"

Hal Puthoff asked for Swann to do it again, and he did. That caused two of the Ph. D. candidates to become very distressed. They raced to leave the room, and one of them was so distraught that he failed to see a very visible orange structural support. He ran into it as he exited.[7]

The second story comes from Dr. William Bengston, the president of the Society for Scientific Exploration, who is referred to at length in the

rapid image cycling CM chapter.

In his book, *The Energy Cure*, Bengston talks about Bennett Mayrick, who led him to develop the rapid cycling energy cure. Mayrick had several different powers, including using his mind to influence matter.

At one point, experimenters had Mayrick attached to a machine that measured radioactive decay. The technician asked him to make the radioactive material decay more rapidly, which he did to the dismay of the technician.

When the technician became distressed over what was happening, Mayrick said that he would then slow it down, and it was cut to 50% of its normal rate. When asked how he did it, he said that he imagined a cloud which he then imagined dissolving. To slow the decay down, Mayrick imagined a frozen rock.

Consciousness = Awareness

If something is aware, then it is conscious. By this definition, everything is conscious. This is the theory that makes the most sense when all the contact modalities are carefully studied.

There are theories that nothing is conscious, and that consciousness is an illusion. That, however, seems to be held by neurologists and philosophers who are having a hard time defending a random, meaningless universe in light of the hard problem of consciousness.

There is a new theory that consciousness is caused by microtubules inside the neurons and the quantum vibrations in the microtubules. This theory for consciousness is still wanting, as it will mean that half the biomass on the planet, that does not have microtubules is not conscious. I very much doubt that will turn out to be true.

If you go back to the double-slit experiment, you can see that particles are aware when there is an observer there or not. That is awareness. That is consciousness. If the electrons and photons going through the slit are conscious, then so it everything else.

The more we look at consciousness and awareness and the conviction that, ‘I’m the only one who is conscious,’ the more we believe that animals are not conscious. We believe that the world is not conscious.

If I am the only conscious being, then I can use animals for whatever I want. They are just objects. I can use everything in this world because it’s

just an object and doesn't have consciousness or a soul. These ideas are starting to fade away as we gather more evidence. The 'everything is conscious' idea is not as crazy as it once seemed.

BRAIN STRUCTURE

Each person is at each moment capable of remembering all that has ever happened to him and of perceiving everything that is happening everywhere in the universe. The function of the brain and nervous system is to protect us from being overwhelmed and confused by this mass of largely useless and irrelevant knowledge, by shutting out most of what we should otherwise perceive or remember at any moment and leaving only that very small and special selection which is likely to be practically useful.

-Aldous Huxley

(There is an) increasing recognition that our seamless sense of reality created by input from the five senses only involves less than 3% of the total information processed by our brains.

-Melvin L Morse MD

My brain is only a receiver, in the universe, there is a core from which we obtain knowledge, strength, and inspiration. I have not penetrated into the secrets of this core, but I know that it exists.

-Intuitive Kay Randell May

A Note on Neuroparapsychology

In the upcoming chapters, there will be many references to what an individual's brain does during a mystical or contact experience with non-human intelligence.

Although the various scans done in laboratories around the world show that something is changing in the brain at the moment of the experience, Dr. James Fadiman summed up the whole field of research as, "that's nice."

It is nice, but it doesn't explain anything. It is equivalent to describing an older man with a tall staff at the edge of the Red Sea. He hits the water with his staff and the water parts. The children of Israel walk through the opening, and when they are on the other side, the older man hits the water again with his staff and the Red Sea closes up.

That's nice too. That is an accurate description of an event. It's a nice trick. Now explain how the trick is done.

Neuroparapsychology faces the same problem. It, like most of the scientific research, describes things, but it doesn't explain them. It is not enough to describe various modules in the brain, lighting up like bulbs on a Christmas tree. The light bulbs do not explain Christmas, and Neuroparapsychology observations do not explain parapsychological events. In an fMRI we see increased blood flow the various 300 million modules arranged in hierarchies. It does not mean that the blood is causing the consciousness any more than the water caused the Red Sea to part for Moses. The same applies to the neurons, synapses, or microtubules. They, like Moses' staff, and the water, are all part of the miracle but none are the sole cause of the miracle of consciousness.

Brain scans used in Neuroparapsychology provide the greatest support for people claiming to be contacting non-human intelligence. The main skepticism of the idea has always been that people, claiming contact with non-human intelligence, are making it up for profit, or because they are not in touch with reality.

Brain scans do not lie. Those individuals who are mentioned in this book are not out to make money, and they are in touch with reality. The brain scans showing a predictable change proves this.

Brain Studies

There have been many brain studies done on contact modalities in universities around the world. These include electroencephalogram (EEG), magnetic resonance imaging (fMRI), and Single Photon Emission Computed Tomography (SPECT). These studies are important because they are validating the fact that the modalities are a real event, and that the person is not making it up.

Without them, skeptics have always maintained that the person who is claiming to be a psychic, channeler, healer, or medium, is simply making up a story to get attention or make money.

The various brain measuring tools have shown conclusively, that whatever is going on, it is not being made up. There is something unique going on in these people's heads that can be measured, recorded, and analyzed.

The concept most widely held in modern neurology is that the brain creates consciousness and that there are individual modules in the brain that take care of each body and consciousness function. This is a modern version of phrenology that was popular in the mid-19th century, where bumps and groves on the skull determined brain functions. We have just replaced skull structures with the belief of localization of function in discrete brain networks.

All of the potentially millions of modules in the brain WORK AS ONE, even though each module seems to have a different specialty. It is the same rule that applies to cells in the body that all WORK AS ONE. (When a cell does not work as one, it is called a cancer cell.)

The father of modern cognitive neurology, Dr. Michael Gazzaniga, described the fact that the potentially millions of networks in the brain may have jobs to do, but they work together. "The millions of networks," he stated, "are a sea of forces, not a single soldier waiting for the commander to speak."

The present phrenology belief that certain brain modules do certain things has been discounted:

> *Evidence from neuropsychological, electrophysiological, and neuroimaging studies in humans has revealed that interactions between widespread neural regions in the brain*

> *underlie fluid, organized behavior… The studies show that network interactions among anatomically discrete brain regions underlie cognitive processing and dispel any phrenological notion that a given innate mental faculty is based solely in just one part of the brain.*[8]

The evidence seems to clearly show that when an action is taken, all sorts of areas light up, along with different types of brain wave patterns. The evidence also seems to show that other areas of the brain exhibit less activity.

The combination of independent modules lighting up and quieting at the same time indicates that modules are getting instruction from some overlying authority. Each action probably requires 10,000 or more modules working together almost instantly to do any one task. This becomes even more amazing when according to Dr. Fred Travis, Director of the Center for Brain, Consciousness Research, the brain is a river, not a rock.

Seventy percent of all brain connections change every day.[9] Yet the brain can consistently perform the same tasks flawlessly despite an almost completely different brain every time it performs the task. The connections change so they cannot be the consciousness, identity, and memory which do not change.

An example would be asking someone to meditate. When the individual begins the meditation is will go into one of 20 patterns (of thousands of module patterns) of 20 different types of meditation. How did the brain know which modules to light up or to calm to do the necessary meditation? The higher "I" gave the instruction.

The fMRI patterns also indicate that normally active areas are being quietened to reduce noise and pick up the signal which appears paranormal. The signal is there but just cannot be detected and received in a normal brain state.

These modules of the brain are operating together as a Oneness function, the same as the cells of the body have different responsibilities but work as one to keep the body operational and healthy. When a cell in the body does not work as one but for itself, it is called a cancer cell.

The cognitive experience that people have is seamless. The audio, video, smell, touch, and taste all present themselves as one unified whole.

This is something that the neurological community seems to take for granted.

Chicken or Egg?

Form Follows Consciousness. Human Form follows human consciousness. Our minds create our bodies. Not the other way around.
-Rebecca Hardcastle Wright, PhD

When it comes to studying the brain and consciousness, it is important to determine which came first - the chicken or the egg? Does the tail wag the dog, or does the dog wag the tail? What comes first - the worker bee that feeds royal jelly to a larva to create a queen bee or a queen bee that lays the larva that becomes the worker bee? And who invented the royal jelly that is needed for each to exist?

Modern materialistic neurology models still cling to the belief that consciousness is an epiphenomenon of a three-pound brain. The theory goes on to assert that the entire process is a total accident, where random particles bang into each other, becoming more complex until consciousness suddenly jumps out.

In the early 1960s, research work was done on stem cells by geneticist Dr. Bruce Lipton. He discovered that genetically identical stem cells would become bone, muscle, or skin cells depending on the culture medium the cells were placed in. He did this by changing the culture medium (equivalent to blood) in three different Petri dishes with genetically identical stem cells.

This experiment indicates that the cell is a read/write organism that develops based on reading its environment and creating structures that adapt and support survival. This means that when you change the medium, the type of cell that forms changes. The culture medium is determining the cell that forms, and it is not the cell that is changing the medium.

The Bees

The same process happens with bees. Like Dr. Lipton's stem cells, all the bees are genetically identical. They could be seen as stem cell bees. Just

like the Lipton stem cell experiment, they will develop according to the food they are fed in their early life.

In an incredibly complex cycle, the queen lays a single egg, standing up vertically, in each cell that has been cleaned and prepared by the workers to raise a new brood. The cell must be spotless, or she will move on.

In another seemingly chicken-egg part of the process, the bees that build the cells only live a couple of weeks. When they build the cells, they build big ones that will house male drones. In these, the queen will deposit a non-fertilized egg. In the smaller cells that will house female worker bees, she releases a fertilized egg into the cell.

The number of worker cells to drone cells is 100 to 1, and the workers keep cells to this ratio almost as if they as a unit can count.

If the queen comes across a standard worker-size cell, she releases a fertilized egg into the cell. That egg develops into a worker bee (female). But if she chooses a wider drone-size cell, the queen releases an unfertilized egg, which becomes a male drone. This is equivalent to a human mother being able to deliver a male or female on demand.

Now here is the key to the bee story. Like the Lipton stem cells, a worker bee and a queen bee are genetically identical. The only difference is the queen is a worker bee that gets an exclusive diet of royal jelly that workers secret from the glands in their hypopharynx. This diet triggers "fourteen genes known to be involved in worker-queen differentiation that is upregulated or increased in expression."

The other bee larvae are fed royal jelly plus pollen and honey. That shrivels ovaries and makes them workers. The question then becomes, how did the workers invent the royal jelly? What came first, the queen, the worker bee, or the royal jelly? You can't have a queen without the jelly, you can't give the jelly creating the queen without the worker bee, and you can't have the worker bee without the queen.

In the same way, the question arises; can you have a physical brain without a consciousness? This is especially the case when the 'brain creates consciousness' theory cannot come up with a physical model of consciousness.

Brain Plasticity

t is not the external stress that kills you or makes you stronger. It is how you react internally to the stress that kills you or makes you stronger.

Another modern scientific discovery that ties into the consciousness mystery is the discovery of the plasticity of the human brain. It used to be believed that the brain is an unchanging organ. In this old model, the structure is created by "good" genes and "bad" genes that battle for control of the function of consciousness.

The model is almost a modern-day deterministic model version of angels and demons who battle for control of the individual. In this model, the person is a victim to outside forces and has no control over the mind.

The discovery of brain plasticity changed all of that. Neurology began to show that the brain was not set in stone. The evidence indicated that exactly the opposite is going on and that the individual has full control of brain development. Now we can all take responsibility for our brains.

Neurological research has now begun to show that the brain can and does change throughout life. The human brain has the amazing ability to reorganize itself by forming new connections between brain cells (neurons).

The more experiments that are done, the more it becomes evident that the brain is an ever-changing verb as opposed to a static, unchanging noun. Like the neurons within, it is always reading the outside environment and signals, and writing new programs to adapt, just like the cells in Lipton's Petri dish reading the culture medium.

It has been established in many labs that the brain can re-wire itself according to external signals. Three general rules were established:

1. **Use it or lose i**t. It has been shown that when a module in the brain is being used extensively, the brain can modify itself and create a new structure to accommodate the increased demand. The system is akin to lifting weights, which is met with aware muscle cells that create more muscle cells. When a module is not being used, the brain prunes the synapses to make the brain more efficient.

A key example of an addition would be meditation, which adds grey matter or dampens down brain modules connected to stress, attention, or depression.

Memorization is another addition that can greatly change the brain's memory abilities. Dr. Hartzell, a postdoctoral researcher at Spain's *Basque Centre on Cognition, Brain, and Language*, spoke about training the brain for memory:

> *I noticed that the more Sanskrit I studied and translated, the better my verbal memory seemed to become. Fellow students and teachers often remarked on my ability to exactly repeat lecturers' sentences when asking them questions in class. Other translators of Sanskrit told me of similar cognitive shifts. India's Vedic Sanskrit pandits train for years to orally memorize and exactly recite 3,000-year-old oral texts ranging from 40,000 to over 100,000 words. We wanted to find out how such intense verbal memory training affects the physical structure of their brains.*[10]

An example of a loss would be sensory deprivation experiments done by neurophysiologists David Hubel and Torsten Wiesel with mice where one eye is blindfolded from birth for several months.

When the blindfold was removed, the eye of the mouse was blind. The visual cortex structure developed properly only if it received input from both eyes early in life.

In 2010, neurologists Cris Neill and Michael Stryker, both at the University of California, San Francisco (UCSF), performed another experiment to show the plasticity of the mouse brain to reverse the loss of vision created by the blindfold.

With the assumption that it was the activity that stimulated plasticity in the brain, "Mice in one group were shown a 'noisy' visual pattern while running on a treadmill for four hours a day for three weeks. The pattern was chosen to activate nearly all the cells in the mice's primary visual cortex… After a week, these mice showed more responsiveness in the part of the cortex corresponding to the eye that had been closed. After two weeks, responses were comparable to those of normal mice that had never been visually deprived."[11] The control mice that did not run "had a much slower response in their newly reopened eye and never reached normal response levels."

2. **Neurons that fire together wire together**. This concept is known as Hebb's axiom. The idea is that each experience we have eventually becomes embedded in the brain's neural network. Each repeated experience further embeds in the network, making it easier for the neurons to fire (respond to the experience), and more difficult to unwire or rewire them to respond differently.
3. **The brain is a read and write verb** – In the past, most neurologists taught the idea of the unchangeable brain. In the world of nuts and bolts, it was considered an object and a noun, and objects don't change.

In more recent neurological literature, there has been a shift from the brain as an unchanging noun to an ever-changing verb. The new finding on brain plasticity clearly shows that the neuronal cells of the brain are *read and write* just like all other cells found in nature. They can read changes in the signal/environment; then they build the structure to accommodate. Bruce Lipton described the process as follows:

> *The cell is a carbon-based "computer chip" that reads the environment. Its "keyboard" is comprised of receptors. Environmental information is entered via its protein "keys." The data is transduced into biological behavior by effector proteins. The IMP BITs serve as switches that regulate cell functions and gene expression. The nucleus represents a "hard disk" with DNA-coded software. Recent advances in molecular biology emphasize the read/write nature of this hard drive.*[12]

The whole process becomes one of personal responsibility as opposed to outside victimization by uncontrollable events. The idea that the brain is static and unchanging is wrong. The brain has the ability to change functionally and physiologically by adding neurons. It can rewire by perceiving the incoming signal, such as the 11% larger corpus callosum in left-handed and ambidextrous people than in right-handed people. It has been established that the brain can be rewired using activities such as meditation or psychedelics.

When it comes to these 'Use it or Lose it' rules related to the brain, it is important to note that each can happen very quickly, and each has no

apparent link to deterministic genes that take generations to affect.

Plasticity Examples

- When the brain is injured, other parts of the brain take over the functions of the damaged brain.

- If you were to wear blindfolds for two days, your visual cortex would reorganize itself to process sound and touch. Once you take the blindfold off, the visual cortex will stop responding to tactile or auditory signals within twelve or twenty-four hours. [13]
- Psychologist Mark Rosenzweig discovered that rats raised in an enriched environment, such as being held in large cages and provided with varied stimulus objects, learned better than rats raised in individual cages. Many differences were seen, such as increased protein, increased thickness of the cortex, and significantly increased sizes of synaptic junctions. The number of glial cells per unit volume of cortex increase significantly (by 14%), as did the dendritic spines. Synaptic function sized increased as well as brain tissue weights, which were described as "significant".[14] This showed a modification of brain circuits through experience, not genes.
- Training animals results in similar increases in brain synapses. They either use it or lose it.
- A 2013 study on mice, published in the journal *Brain, Structure, and Function,* showed that "when the mice were exposed to two hours of silence per day, they developed new cells in the hippocampus."
- Birds such as the Western Scrub jay as well as squirrels who store seeds have bigger hippocampal areas than birds and animals that did not store. Use or lose.
- London taxi drivers who had to memorize 25,000 streets and 20,000 landmarks to do their job had, "more gray matter in their posterior hippocampi than people who were similar in age, education, and intelligence, but who did not drive taxis."[15] This did not mean that their memory was better on other things.

Most importantly, when drivers retire, many years later, the hippocampus shrinks back down again, which supports the 'Use it or lose it' rule for the brain.

- MRI scans showed that the anterior cingulate in the dominant hemisphere was 50% thicker than the nondominant hemisphere. The anterior cingulate is correlated with monitoring and controlling processes in the brain.[16] Use or lose.
- Muslims who practice daily prayer called Salat had superior dynamic balance. Use or lose.
- Dr. James Hartzell's research is the first study to examine the brains of Sanskrit scholars. Using structural Magnetic Resonance Imaging (MRI) at India's *National Brain Research Centre*, he scanned the brains of 21 Sanskrit pandits and 21 control subjects. He discovered that "grey matter in the brains of the pandits, the right temporal cortex, associated with speech prosody and voice identity, was also substantially thicker."[17] Mind over matter.
- Meditation (as will be described in the meditation chapter) can produce numerous brain changes, and in as short a period as eight weeks. This is a key finding supporting the fact that the mind builds the brain, countering the old belief that the brain causes consciousness, which would have to include meditation. Mind over matter.
- Yongey Mingyur Rinpoche, a lifetime meditator, had his brain's grey matter compared to the anatomic markers in the brain database at the University of Wisconsin, and it was found to be in the 99th percentile, the youngest brain in 100 people of his age. It showed a brain eight years younger than his 41 chronological age. Mind over matter.
- A technique like meditation can send the brain into total coherence, which is unlike any ordinary brain pattern. Mind over matter.
- There are changing patterns in the regional cerebral metabolic rate of glucose during Yoga meditative relaxation.[18] Mind over matter.

- Musical training was shown to increase the plasticity of the corpus callosum during a sensitive period in development, known as synaptogenesis. The study found children who had begun musical training before the age of six (minimum 15 months of training) had an increased volume of their corpus callosum and adults who had begun musical training before the age of 11 also had increased bimanual coordination,[19] brain reading, input signal, and rewiring.
- Research shows that musicians have significantly larger front portions of the human corpus callosum than non-musicians.
- Studies showed that medical students have structural brain changes when preparing for an exam. "Magnetic resonance images were obtained at three different time points while medical students learned for their medical examination. During the learning period, the gray matter increased significantly in the posterior and lateral parietal cortex bilaterally."[20] The posterior hippocampus…was even more pronounced toward the third time point. (Three months after exam)
- Physical exercise promotes neurogenesis, which is the creation of new neurons in the brain; it also stimulates sensory and motor cortices and helps the brain's balance system. One study showed that "people who worked on an exercise for a few minutes each day experienced structural brain changes. The participants' brains were "rewired" and grew in response to a 10-minute mental task performed for just 15 days over three weeks."[21]
- The left parietal cortex, an area of the brain associated with language, is typically larger in those who are bilingual than in those who are monolingual. Those who learned a second language before five had even larger parietal cortices. Bilingualism also affects white matter, a fatty substance that covers axons. The extra white matter allows messages to travel fast and efficiently across networks of nerves and to the brain. [22] Use or lose.
- According to research done partly at Harvard, "sudden and complete visual deprivation in normally sighted individuals can

lead to profound, but rapidly reversible, neuroplastic changes by which the occipital cortex becomes engaged in processing of non-visual information."[23] In layman's terms, wearing a blindfold for two days causes the visual cortex to reorganize itself to process sound and touch. Take the blindfolds off, and the visual cortex will stop responding to tactile or auditory signals within twelve or twenty-four hours. Use or lose.

- Education increases the number of branches among neurons, increasing the volume and thickness of the brain.[24]
- Then there are multiple examples of the placebo effect. Expert Dr. Fabrizio Benedetti talked about how a person can be given an injection the first day to increase growth hormone. It increases. The second day, an injection is given and a rise is witnessed. On day three, a saline solution is used, but still, the growth hormone rises the same amount. This same experiment was run using heroin and other drugs.[25]

Despite all the evidence that consciousness (the observer) creates and controls brain matter, modern neurology still clings to the faith supposition that 'the brain creates the mind' theory. The promoted world view where through a thing called evolution, all the particles appearing on the back wall of the dual slit experiment, all eventually join to create the observer.

Common sense would say that the observer comes before the particle on the back wall. Therefore, consciousness creates the physical brain and not the other way around.

Read and Write

The brain is a read and write system. It operates like any other cell in the human body. It brings in outside signals from the environment. The brain reads it, and then it writes the program to accommodate for anything that changes in the environment.

The cell is sensitive to the environment, and it evolves by this reading and writing of new programs. It is no different from the development of muscles that you may have heard of.

If a sedentary TV-watching person suddenly starts lifting weights, the signal comes from outside to the muscles that say, “Hey! He’s starting to lift weights! We’ve got to get some more muscle cells built!”

The muscle structures will read the environment and then will start to make muscle cells. The individual will get stronger and stronger with increased muscle construction, but it doesn’t mean the muscles are forcing you to exercise.

You are exercising, and the muscles are being built because there’s a read/write system that understands that they must build muscle cells.

The same rule applies as if you start running. Your lungs and your heart will start to create new cells to accommodate because you need more cells to provide the energy you need to jog or run or exercise or whatever; it’s a read/write system. The same thing happens in the brain when parts of it are being used.

Similarly, with psychic stuff, we can start to learn what areas work on, how to turn sections off, and how to tap into the system. I’m firmly convinced now that we can start to teach people how to do this work, but first, you have to understand how the basic system is working.

The question is, what signal is causing the caudate-putamen to build an increased structure. It may be acting as an antenna that needs to accommodate an increased signal. It may be the same way we now attach a cable to a TV to handle 500 channels when in the past, a simple set of rabbit ears was all that was required to get three channels.

The important point is that we do not need evil aliens to mess with the genes to increase the caudate-putamen structure. All we need is an increased signal (or some other external change in the environment). As in the case of meditation, it does not even have to be physical.

The Good Aliens

There is some recent research by Dr. Garry Nolan and Dr. Kit Green’s that there may be a connection between an increase of structure in the caudate-putamen area and the intelligence behind the UFO phenomenon The initial reports stated that the subjects were people who had been injured by close interactions with the phenomenon, thus indirectly implying that the phenomenon may not be a good thing.

Structural changes to the caudate-putamen indicate different levels of use, as the brain increases structure when that module is being used more,

and prunes connections in the brain that are no longer needed. The new brain structure may be a bad omen, but what if the structural change is coming from good aliens increasing use with an "oneness blessing."
As was shown in the FREE survey of experiencers over half 54%, when asked what was going on, thought it had something to do with Oneness –the idea that we are all part of one undivided thing. That's where the caudate comes in.

Andrew Newberg, who did extensive brain research into enlightenment, claims that the brain was offered a chance to be part of an "Oneness blessing" by motivational speaker Tony Robbins.

Newberg took up the offer and ended up in the Four Seasons Hotel in New York with 15 others. Those giving the blessing walked into the room and placed their hands over their hearts and the hearts of those receiving the blessing.

Newberg had a weird experience where he sensed a strong light that shone in his face in the dark. Impressed, he set up an experiment to test the brains of the senders and the receivers.

The test was blind. Each group was in a separate room and never came in contact with one another. When it was all over, here is what he found. As with all other modalities, distinct changes were seen indicating something was going on outside the normal brain state:

Senders: Decreased activity in the frontal lobes (when concentrating on others an increase would be expected), similar to mediums and people speaking in tongues. This situation is also seen with people reporting a sense of surrender and ensuing profound mystical or spiritual states. The senders also had decreased activity in the parietal lobes, which produces the same oneness experience reported by meditators and intensely-praying nuns.

Receivers: Activity decreased up to 15% in the right caudate and was reduced in the hippocampus. The activity increased in the thalamus (part of the basal ganglia, which holds the caudate nucleus).

Could it be that the aliens (who described themselves to experiencer Bret Oldham, as the 'One with the One who is All') are sending a constant signal or sub-conscious signal to experiencers that is causing the added structure reported by Nolan and Green?

Left Brain Dominance

Neurologists like to refer to the brain doing this and the brain doing that. The reality is that the brain is composed of two distinct hemispheres, and according to Ray Kurzweil, 300 million modules that all work together as ONE, to do everything involved in being a conscious human being.

Researchers began to study specific functional localizations of the two hemispheres in the early 1960s.

The research done established that the left brain oversaw logical things. It is rational and analytical and is extremely interested in detail. Then it is interested in the details of the details. It is the home of skepticism (left brain interpreter), and the center for language. It sees everything as objects with names. It is the place for science and mathematics. It is fearful and wants to dominate, plus it risks avoidance.

The right brain, on the other hand, uses feeling. It sees the big picture rather than the details. It uses symbols and images rather than language. It cannot even speak. It is the center of intuition. It uses imagination over facts. It is a risk-taker.

Albert Einstein has long been held up as the epitome of intelligence in the modern world. It is therefore important that Einstein said in his book, *Out of My Later Years* the following regarding intelligence:

> *Our age is proud of the progress it has made in man's intellectual development. The search and striving for truth and knowledge are one of the highest of man's qualities - though often, pride is most loudly voiced by those who strive the least. And certainly, we should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality. It cannot lead, it can only serve, and it is not fastidious in its choices of a leader. This characteristic is reflected in the qualities of its priests, the intellectuals. The intellect has a sharp eye for methods and tools but is blind to ends and values. So, it is no wonder that this fatal blindness is handed from old to young and today involves a whole generation.*

Although left vs. right brain research was not around at the time when Einstein dominated, what he appears to say speaks to the important left vs.

right brain discoveries.

Einstein warns about not making “the intellect our god… it can only serve, and it is not fastidious in its choices of a leader.” This is the rational-analytic left brain that is so highly revered in the modern scientific world with calls for solely rational analytical left brain thinking to deal with problems.

Einstein, however, spoke about the more valuable right brain. In a disputed quote he reportedly stated: “The intuitive mind (right brain) is the sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

Despite the controversy over the quote, Einstein did talk about the more valuable left brain, like when he said that, “The greatest scientists are artists as well.” Art is a feature of the right brain. Speaking of his discoveries, and those of others, he talked about the importance of right-brain imagination:

> *When I examine myself and my methods of thought, I come close to the conclusion that the gift of imagination has meant more to me than any talent for absorbing absolute knowledge." Elaborating, he added, "All great achievements of science must start from intuitive knowledge. I believe in intuition and inspiration... At times I feel certain I am right while not knowing the reason."*[26]

Einstein told Max Wertheimer that he never thought in logical symbols or mathematical equations (left brain), but in images, feelings, and even musical architectures (right brain).[27] He expanded on the musical architectures, declaring in another interview that he attributed his scientific insight and intuition mainly to music. "If I were not a physicist," he was rumored to have said, "I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.... I get most joy in life out of music."[28]

In one article, Einstein’s family was quoted saying about how Einstein mixed right-brain music into his work:

> *His son, Hans, amplified what Einstein meant by recounting that "whenever he felt that he had come to the end of the road or into a difficult situation in his work, he would take refuge in music, and that would usually resolve all his difficulties" (quoted in Clark, 1971, 106). After playing piano, his sister*

Maja said, he would get up saying, "There, now I've got it" (quoted in Sayen, 1985, 26). Something in the music would guide his thoughts in new and creative directions.[29]

Another example of Einstein illustrating that the right brain is the source of inspiration came when he described his dream which led to his theory of relativity:

I was sledding with my friends at night. I started to slide down the hill, but my sled started going faster and faster. I was going so fast that I realized I was approaching the speed of light. I looked up at that point, and I saw the stars. They were being refracted into colors I had never seen before. I was filled with a sense of awe. I understood in some way that I was looking at the most important meaning in my life.[30]

Later he told science reporter Edwin Newman, "I knew I had to understand that dream and you could say, and I would say that my entire scientific career has been a meditation on my dream."[31]

Einstein was not the only one who claimed to have received technical or scientific discoveries in a right-brain sleep state where the rational mind is asleep.

Left Brain Interpreter

Studies have even shown that people prefer stability and coherence over reality.

-Frida Åström "The left hemisphere interpreter and confabulation – a comparison," University of Skövde, Sweden

A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it.

-Max Planck, speaking about the left brain, skeptical, scientific mind

My next to the worst PK Party was for a group of nine Ph. D. physicists and their families at Los Alamos. All the wives and children bent silverware, but none of the physicists bent. It wasn't that they were physicists because many physicists have been to PK Parties and bent. But these scientists all worked together in a very closed environment and, in a

sense, their subconsciousness would not allow them to deviate from the norm.

-Boeing Engineer Dr. Ed Houck

The left-brain interpreter (LBI) is a very important concept in neurology. When it comes to talking about the LBI, however, it is like the Pope talking about his sex life. It is rarely discussed in neurological research.

The LBI is a neurophysiological term created by the father of cognitive neurology, Dr. Michael Gazzaniga. He performed experiments in the 1970s with Roger Sperry, and Sperry went on to win the Nobel Prize for split-brain research (see also Memory and Hypnosis chapters)

I believe that the LBI is the basis of the skeptical mind that is so highly prized in science. Hypnotherapist Dolores Cannon, more accurately calls this 'interpreter', found in the left brain, Mr. Stupid.

The LBI is a key to understanding contact modalities because the LBI plays a large role in creating noise and false information in the rational-analytic left-brain processor, which is trying to tune into the signal.

The LBI, and the skeptical role it plays, also stops any study of contact modalities in the scientific community.

Here's how it works. Say you were to have a UFO sighting. The next morning you wake up and remember what you saw the night before.

At some point, you start to think, 'Maybe it didn't happen. Maybe I just saw a bird or a plane. Maybe I was dreaming.'

This is the left-brain interpreter talking. It is a real function of our left brains that tries to explain everything and anything you experience, in a way that keeps our present world view intact.

When something different happens in the world view that is held in the waking consciousness, suddenly everything becomes inconsistent. Suddenly nothing makes sense.

An example would be if someone were to tell you about a UFO abduction, ghost story, or a claim about some psychic who can do all manner of paranormal things. For the person who is hearing the story, they are now suddenly forced to consider these concepts, possibly for the first time in their life.

Suddenly, their world view becomes inconsistent. The ego's intelligence is challenged. Things are not the way they have always believed. There is suddenly a hole in their world view.

The role of the left-brain interpreter is actually to fill in this hole. Its job is to make the story consistent with the old-world view. It does this by simply making something up. That is why some neurologists call it the Storyteller.

I call the LBI the pathological liar. It is active all the time. The interpreter jumps in and makes excuses for things that are happening that don't make any sense and tries rationally and logically to explain it.

After Gazzaniga had taken over the lab that won the Nobel Prize for split-brain research, he began to work with patients who had split brains. These patients became available when it became known that epilepsy could be controlled or stopped by severing the corpus callosum, a band of nerve fibers, that connects the left and right brain.

The corpus callosum consists of 200-300 million axonal filers that moderate and send signals from one cerebral hemisphere of the brain to the other. Once the corpus callosum is cut, the two hemispheres of the brain of the patient could no longer communicate. This stopped the epileptic seizures but also created two different brains.

Research showed that the two brains were so different that they would fight with each other. There are stories about one hand lighting up a cigarette, and the other hand pulling the cigarette out of the mouth and throwing it away. Another story is about the two hands fighting to open a car door. There are stories of one hand putting on a shirt and the other hand trying to take it off at the same time.

When you see an image with your right eye, your left brain receives this signal and interprets the image. When your left eye sees an image, the right hemisphere of your brain receives and interprets the image.

With the severing of the corpus callosum, the two sides of the brain cannot communicate with each other, but now it is possible to talk to each side of the brain without the other side knowing about it.

Here is one of the stories that led to the discovery of the interpreter:

The right eye (left brain) is shown a picture of a chicken claw. The left eye (right brain) is shown a picture of a snowed-in area. Neither hemisphere knows what the other side saw.

Then experimenters give the patient a bunch of photos, and they are asked to pick the one that connects to their picture. The left brain uses the right hand to pick up the photo of the chicken. It connects to the chicken claw it saw. So far, so good.

Then they ask the right brain to do the same, and the left hand, which it controls, picks up the snow shovel which lines up with the snowy scene it saw.

At that point, the experimenter asks the patient, “why did your left hand pick the snow shovel. In speaking, the experimenter is talking to the left brain as the right brain cannot speak.

The reality is that the left brain has no idea why the body’s left hand picked up the snow shovel as there is no corpus callosum to send signals back and forth.

The obvious reply would be, “I don’t know.”

Instead, the left brain makes up an answer. In the case of the snow shovel, it replied that you need a shovel to clean up the chicken shed.

This experiment was run over and over, and, in every case, instead of saying, “I don’t know,” something inside the left brain made up something. In every case, it was wrong. It would do it immediately, and once it made up the story, it would defend the confabulation, even in the face of evidence to the contrary.

In another experiment, a can of Coca-Cola was shown to the left eye, which was received by the right brain. The experimenters would send a signal to the right brain, “Drink the Coke.” It did this by picking up the coke with the left hand. Nothing was said as the right brain cannot talk. (Language is located inside the left brain)

The person is asked, “why did you drink the Coke?” Now you are speaking to the left brain because that is where the language is. (The right brain can hear but is mute).

The left brain has no idea why its left hand picked up the Coke because it isn’t receiving signals anymore from the right brain, which saw the Coke.

So, what the left-brain interpreter does is, it finds the most logical reason for why you picked up the coke (even though this may not be true) and says, “I picked it up because I was thirsty.”

Many, many studies were done in this manner, sending different images and instructions to these people who had their corpus callosum cut, and this was always the outcome.

The moral of the experiment is, do not trust what your conscious mind is telling you. Part of the story is made up, or as some neurologists actually point out - confabulation and the LBI may be the same thing:

> *The left hemisphere interpreter refers to a function in the left hemisphere of the brain that searches for and produces causal explanations for events, behaviors, and feelings, even though no such apparent pattern exists between them. Confabulation is said to occur when a person presents or acts on obviously false information, despite being aware that they are false. People who confabulate also tend to defend their confabulations even when they are presented with counterevidence. Research related to these two areas seems to deal with the same phenomenon, namely the human tendency to infer explanations for events, even if the explanations have no actual bearing in reality.*[32]

Left Brain Interpreter and Memory

There is strong evidence that the LBI may be the cause of faulty memory. As I will point out in the hypnosis modality chapter, everyone has a perfect memory.

Some savants, people with an eidetic memory, and people with very superior autobiographical memory, exhibit almost perfect memory connected to their life, what they have read in books, or bizarre obsessional memories such as sporting events, entire city bus schedules, or court rulings appearing in the news. The problem is not memory, but retrieving a signal without noise to read the memory.

The LBI is a major cause of the noise in the signal. It does this by placing things it made up into the memory stream. That's why researchers often like to point out the fallibility of memory. Here is one example by Gazzaniga of how the LBI messes with waking consciousness memory:

> *Our recent investigations have looked further at the properties of the Interpreter and how it influences mental skills. For example, there are hemisphere-specific changes in the accuracy of memory processes. Specifically, the predilection of the left hemisphere to interpret events has an impact on the accuracy of memory. When subjects are presented with pictures representing common events (e.g., getting up in the morning or making cookies) and several hours later asked to say if pictures in another series appeared*

> *in the first, both hemispheres are equally accurate in recognizing the previously viewed pictures and rejecting the unrelated ones. Only the right hemisphere, however, correctly rejects pictures in the second set that were not previously viewed but were related to pictures previously viewed. The left hemisphere incorrectly "recalls" significantly more of these related pictures as having occurred in the first set, presumably because they fit into the schema it has constructed. This finding is consistent with the hypothesis that a left-hemisphere "Interpreter" constructs theories to assimilate perceived information into a comprehensible whole. In doing so, however, the process of elaborating (story making) has a deleterious effect on the accuracy of perceptual recognition. This result has been shown with verbal as well as visual material.*[33]

Another thing the LBI interpreter does is like making sandwiches. It takes two pieces of data and guesses what goes in between. The data from the split-brain research is that this guess is always wrong, and once it is proposed, the LBI will defend the story it put forward until its death.

Lastly, according to Gazzaniga, the LBI "actively constructs a mental portrait of experience, even though that experience did not directly occur in that hemisphere." That is pretty damaging if we are going back to the person's memory.

These failings of the LBI are why contact modalities are so important. They gather their data from non-waking states and memories. The information is more accurate, and the farther you get from the conscious mind, the more accurate the data will be. Therefore, a light trance channeler will reliably channel waking consciousness data, a relay channeler will be even more accurate, and a trance-channeler (where there is complete dissociation from waking consciousness) should be the most accurate information we can obtain.

Contact modalities are accessed by dissociation from the left brain and its pathological liar LBI function. Shut down the left brain and then you can access the information that is stored in the field.

The material gained by accessing the right hemisphere should be much more accurate than the made-up stories in the left brain. Frida Åström, in

her paper "The left hemisphere interpreter and confabulation – a comparison," at the University of Skövde wrote:

> *A series of experiments (Metcalfe et al., 1995) investigated probable memory differences for categorically associated events in the two hemispheres of a split-brain patient. These studies showed that the right hemisphere stores more exact memory traces than the left hemisphere. It was therefore concluded that the right hemisphere possesses more veridical memory. A proposed explanation for the left hemisphere tendency was that it encodes and stores not only the real events...*[34]

The conclusion seems to be if you have a choice of memory from the waking consciousness of the left brain, or the veridical memory of the right brain that can be accessed through dissociation, bet on the right side every time.

Coherence

Brain coherence is a condition where all your brain waves from all sections of the brain all go into a uniform, coherent pattern. The brainwaves tend to become rhythmic and orderly. They move into "phase"—and move synchronously over large areas in the frontal regions of the brain, extending eventually toward the posterior regions as well. This is called EEG coherence.

This is the equivalent to billions of neurons and trillions of synapses all suddenly marching in place in complete unison.

The high state of the organization is linked to many of the contact modalities such as Sahaja Yoga meditation[35], trance- channeling, psychic abilities, and rapid image cycling. It brings with it "greater intelligence, creativity, learning ability, emotional stability, ethical and moral reasoning, self-confidence, and reduced anxiety."[36]

The coherence pattern is completely opposed to the notion that everything in the universe is random, meaningless, and simply worthless background noise. The coherence illustrates a state where the brain is

created and maintained by a self-organizing intelligence that provides direction and instruction to every single one of the 100 billion neurons.

The effect can be produced by meditation, people who manage a large number of people, and athletes who "are in the flow."

It is a state of oneness, where all the pieces support the one to make it as efficient as possible; it becomes like the beehive where every bee within operates like a player in a giant symphony orchestra. Like brain coherence, it produces perfect music, as opposed to everyone playing their tune.

Brain synchronicity becomes like the cells of the human body where each cell does what it must do to maintain perfect health for the body, which is the One. It is like the beehive, where every bee builds cells, gathers pollen, or feeds the larvae. It is like the Oneness is all aspects of nature where things do what has to be done, and for the good of the unit.

Intuition, Insight, and Creativity

A new idea comes suddenly and in a rather intuitive way.
-Albert Einstein

Creative writers and physicists reported that about twenty percent of their ideas happened when they were not at work and not actively thinking about the challenge.
-Jonathan Schooler UC Santa Barbara

Something happens when you have the answer – before you are able to put it into words. It is all done subconsciously. This has happened too many times to me, and I know when to take it seriously. I am so absolutely sure. I don't talk about it, and I don't tell anyone about it. I'm just sure this is it.
-Barbara McClintock 1983 Nobel Prize for Medicine

They did no 'work it out', but just 'saw' it, in a flash.
-Neurologist Oliver Sacks getting an explanation from the autistic Sacks twins as to how they could both instantly count 111 matchsticks as they hit the floor after falling from a table

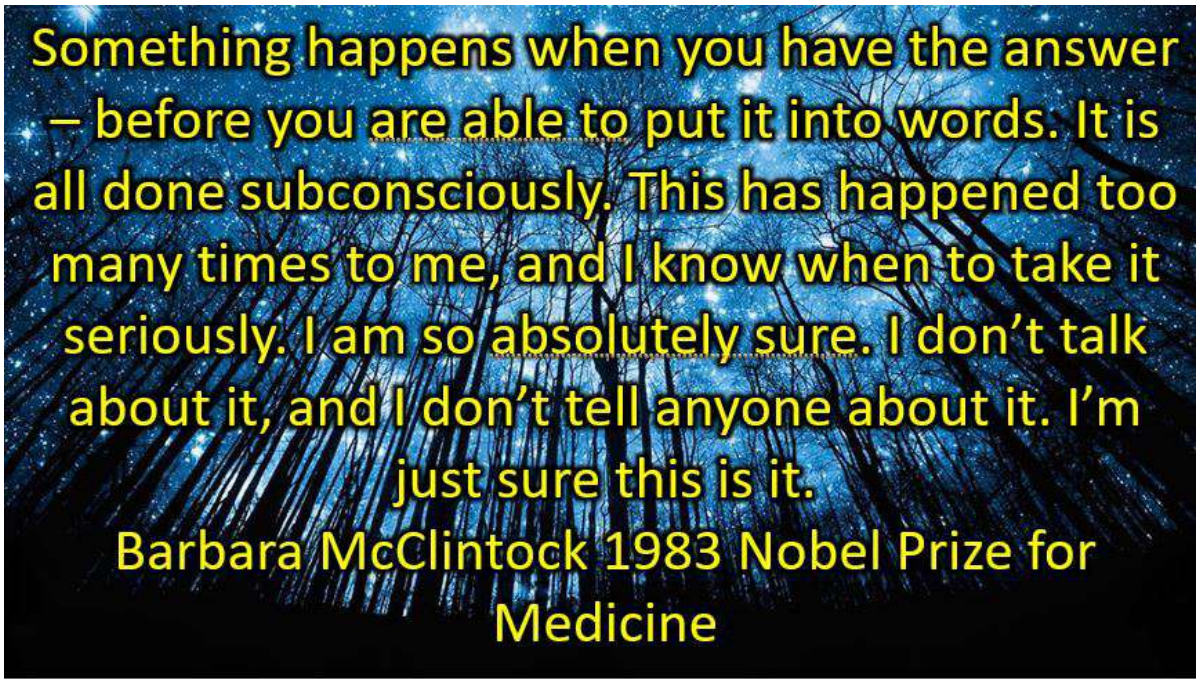
We compared the brain activity for both insightful and analytic solutions. We found that right at the point where the problem is solved with a flash of insight, there's a burst of gamma wave activity in the right temporal lobe

just above the ear, specifically the right anterior superior temporal gyrus. People who solved the problem analytically didn't have that same activity.
-Neuroscientist John Kounios, a professor of psychology at Drexel University

There are three ways that new information enters the world:

1. Through observation or experience.
2. Through the left-brain interpreter.
3. Through intuition and/or insight -noetic experiences.

The subject of intuition, insight, and creativity is important to any CM discussion. I believe the evidence indicates they all come from the same place and use the same process. These processes can be taught, and this will lead to more intuitive actions and creative discoveries.


Something happens when you have the answer – before you are able to put it into words. It is all done subconsciously. This has happened too many times to me, and I know when to take it seriously. I am so absolutely sure. I don't talk about it, and I don't tell anyone about it. I'm just sure this is it.
Barbara McClintock 1983 Nobel Prize for Medicine

Caudate Putamen and the Aliens

The only thing I know for sure is that the caudate-putamen is involved in intuition and cognition (below the level apparently of consciousness). That's rock-solid science. We now know that some people have MUCH more

connections than others. Our cohort was biased...which is why a more clinically designed study is required. Whether meditation allows one to "see" an intuition against the swirl of ideas in one's head is open to study. If CP processes non-5-senses info is at this point fun speculation. But I've placed my bets w/ my research efforts.

-Dr. Garry Nolan

There has been a lot of discussions in the UFO community recently dealing with research into the brain's caudate-putamen over-expression, and the associated claim that it may be connected to intuition.

Work done by Stanford geneticist Garry Nolan and Wayne State physiologist Kit Green showed a "higher density of neuronal connection between the head of the caudate and the putamen."

They linked this density to intuition. and claimed that this module combination might indeed be responsible for our intuitive abilities. They further claimed that there might be a genetic connection, as genes build brain structures.

The other more dramatic claim is that this brain structure is associated with the brains of experiencers like someone "interfacing with humans directly through biotechnological antennae."

This someone may be aliens who are abducting people against their will. Nolan pointed this out to author Diana Pasulka. He told her that he hoped the caudate-putamen research could lead to a drug that would stop the aliens from abducting people. Pasulka wrote:

> *(His) mission was personal, and it was heroic. He was out to develop a medicine, an antidote, to the malicious contact event. James (Garry Nolan) was incensed that contact took place on "their" terms and not on ours. James planned to shift that relationship by 180 degrees. He wanted to give humans the right, and the ability, to say "No."*[37]

I searched for the intuition data they were using to claim that this anomalous brain structure had anything to do with intuition, but failed to find it.

As Nolan and Green were dealing with experiencers, I also reviewed the research findings of 6,000+ experiencers in the FREE (Dr. Edgar

Mitchell Foundation) study. I did not find mention of intuition in their reported findings either.

The writing of this book will hopefully produce substantial evidence that intuition, creativity, and the receipt of anomalous information have a much simpler explanation.

The description of the Nolan/Green subjects comes with claims of a UAP/UFO encounter and a degree of intuitive experience testimony. The 100+ individuals were described by Green as "all high-functioning, many prodigious savants, most of them carry high-security clearances." These same individuals were then linked into the intuitive, connected caudate-putamen.

Green also stated that "often injuries occur on a military bivouac, (which is) an overnight mission at a secure location to guard, reconnaissance, or some exploration…common injuries are from something airborne. (Something that emits some light or a beam.) Some orbs."[38]

As I had been within 100 yards of objects four different times in 1975 and 1976, I realized that distance could not be the determining factor. There are no injuries among the 25,000 Mission Rahma (Latin American Contact Group) members around the world, and many of them have been close. The same is true for the CE-5 groups that spawned off from Dr. Steven Greer.

My guess is that it had something to do with weapons, but I could never get a straight answer. There were many hints, but two key pieces of evidence did arise.

There were reports of people who got injured at Skinwalker Ranch. Many of the people working there for Bob Bigelow were Special Forces and ex-security. Although I could not confirm the injured people were armed, there was a key statement made by George Knapp, who wrote a book on the ranch. He stated that "those who were most aggressive towards the phenomena had the worst experiences."

The second key piece had to do with the injury of John Burroughs, who is one of the 105 people who have been injured by UAP/UFOs. The story is put out that Burroughs was injured by terahertz energy coming off the craft at close range.

That leads to the question of why Jim Penniston and Edward Cabansag, who were with Burroughs, were not injured. The reason may be that according to one interview given by Cabansag, Penniston ordered Burroughs to fire, and Burroughs did at least pull out his weapon.

Putting that issue aside, the report made by Nolan is that many of the 105 injured military folks had this strange extra fiber structure between the caudate and putamen.

Intuition

Intuition is that flash of insight that comes out of nowhere, and the more time you think about intuition, the further you get away from it.
-Dr. Garry Nolan

Our research has compared Insightfuls' and Analysts' brain activity and found that Insightfuls' have more active right brains.
-Dr. John Kounios and Dr. Mark Beeman

Wikipedia describes intuition as "the ability to acquire knowledge without proof, evidence, or conscious reasoning, or without understanding how the knowledge was acquired."

Many will immediately assume that insight and intuition are linked to intelligence, but that is not true.

In 1921, Lewis Terman at Stanford University started a longitudinal study that was called the "Genetic Studies of Genius." After following 1528 young children with high IQs averaging 151, it was discovered that there was no correlation between creativity and intelligence.

The subjects in the study did not produce one Nobel Prize. There were two Nobel Laureates in the area of the study, but both were rejected for the study. Among the conclusions, "at any rate, we have seen that intellect and achievement are far from correlated."

I would say that intuition and insight are from the same right-brain access and could be considered the same thing. Psychologist Scott Kaufman found intuitives to be impulsive thinkers who appear to shoot from the hip. They are more open, relying on patterns and feelings.[39]

Nolan, in an interview on Phenomena Radio, seemed to agree and said, "in the books I have read it is all about the initial signal, and not over-interpreting it. It is that flash that comes without interpretation. When you do the overlay of interpretation, that's when the mistakes get made. That is kind of what intuition is. Intuition is that flash of insight that comes out of nowhere, and the more time you think about intuition, the further you get away from it."[40]

Nolan, however, then brings in executive function (thinking about it) to "control the intuition as to when it will occur," which I don't think will work. Intuition comes from the right brain and only happens (according to the definition) "without conscious reasoning," i.e., executive function.

The executive function will be the left brain. Intuition is the right brain, and only appears when the executive function is turned off. The farther executive function gets away from the signal, the less noise there will be, and the better the signal the brain will get.

Nolan confirms this when he points out that his intuition/insights come after he sleeps (executive function shut down).

Psychology Today describes a possible savant link to intuition:

> *Savants can perform extraordinary cognitive feats, much like trained experts, but unlike experts, they usually cannot describe what makes them so talented, seemingly relying on intuition rather than conscious deliberation to quickly make choices.* [41]

I would propose that the key to this intuition connection is its close association with the right brain. Wikipedia describes intuition as the ability to acquire knowledge, "Without proof, evidence, or conscious reasoning, or without understanding how the knowledge was acquired."

These elements of proof, evidence, understanding, and knowledge are all associated with the left rational, analytical hemisphere.

Intuition has long held to be a function of the right brain, and many of the contact modalities confirm this right-brain theory.

Consider starting with the evidence that supports the long-held belief that women are more intuitive. The evidence shows that intuition may have more to do with brain wiring than a good or evil gene being responsible. Neurological research shows that women have a thicker corpus callosum, which sends a signal back and forth across the hemispheres. That provides them more connective white matter that connects the left analytical and right intuitive brain hemispheres. Women can integrate the right hemisphere emotion and gut feelings with the more logical left hemisphere into the decision-making process.

In MRIs done at the University of Pennsylvania of 949 people aged 8 to 22, scientists found that male brains have more connections within each hemisphere, while female brains are more interconnected between

hemispheres. The male signals are, “in men, fiber pathways run back and forth within each hemisphere, while in women they tend to zig-zag between the left, or ‘logical,’ and right, or ‘creative,’ sides of the brain.”[42]

Now consider the savants that Kit Green referenced in the caudate-putamen research. Savants are not usually all that intelligent. According to Darold Treffert, the leading authority in the world on savants stated that “most savants have measured IQs between 50 and 70.”[43]

Savants have islands of genius that are, in many ways, memorization. The ones I have dealt with usually have two areas where they know every possible answer. Give them something out of their interest area, and they have no idea.

Savants can exhibit intuition because, as Treffert reported, “In both the congenital and acquired savant, there is brain damage in one area, frequently the left hemisphere.” That would allow the right brain to take over and dominate.

Due to the impairment of the left-brain, savants are unable to seek proof, evidence, understanding, and knowledge. When you shut down the left brain, you turn off the noise created by seeking proof, evidence, understanding, and knowledge. This allows the limbic system and right brain of the savant to tap into the answer (wherever that might be) and bring it back in an intuitive flash.

Many examples show the right-brain power of the savant:

- George Finn can calculate the day of the week from year one up to whatever date you want. According to Treffert, he is not calculating. It just pops into his head. When he is given simple left-brain maths 2x3 or 10-3, he cannot answer.
- Many of the amazing talents of savants fall into the right brain areas of complex math, music, and art.

This connection of the right brain to intuition and creativity has been known for a long time in studies of the paranormal. One only has to go back to work being done at the Stanford Research Institute in the early 1970s.

In the book *Mind Reach,* written by the two directors of the remote viewing project, Hal Puthoff and Russell Targ, they write a whole chapter on the role of the right brain in remote viewing.[44]

It was Puthoff's wife who noticed the pattern in the data indicating a left-right brain link. The remote viewers were very accurate on the shape, color, and texture of the target. These represent the abilities of the right brain. They were very bad at naming, function, and size of the target; these are attributes of the left brain.

The data seemed to indicate that the right brain was picking up the target, but because the left brain had been quieted, the viewer was not able to get the details or name the target.

This observation was reinforced by the Nobel Prize-winning work done by Paul Sperry, where split-brain patients were studied. When a toothbrush was given to the left hand (right brain), it could not be named. When the toothbrush was put in the right hand (left brain), the person immediately stated *Toothbrush.*

That is why numbers are used for remote viewing targets. It prevents the left brain from creating mental "noise," which has been defined as "mental elements" which represent analytical "conclusion jumping" or other similar distracting processes in the viewer. Such interpretation is characterized in CRV (controlled remote viewing) by the term 'analytical overlay,'" If a number is used, the left hemisphere cannot interfere. If any locations or other hints are given, the left brain will start analyzing and guessing, which destroys the viewing results.

The Nolan/Green study mentions intuition a lot but does not mention the right brain connection. This is strange because Green was the CIA control officer for the remote viewing program.

Intuition provides a lot of data that strongly indicates how it works. The left brain collects the facts and details, and then when it is at rest, the right hemisphere, which sees the whole rather than the facts, connects the dots or puts the pieces together. There are scores of examples.

In a discussion between Nobel Laureate Richard Feynman and astrophysicist Fred Hoyle, they talked about intuition, which they referred to as the moment of revelation.

Hoyle asks Feynman whether or not he has ever had the experience of trying "all sorts of things, and you're hopeful about trying it. Have you had a moment when in a complicated problem where quite suddenly the thing comes into your head, and you're almost sure you've got to be right, and then you try to figure out what the conditions of that moment that you can do it again."

Feynman replied:

> *Yes, yes. For example, I worked out the theory of helium once and suddenly saw everything. I had been struggling for two years and suddenly saw everything. I remember everything about it, by the way. It was psychologically funny. You remember the color of the paper you were writing at the time. Isn't that true? Then you wonder what's a psychological condition. Well, I know at that particular time I looked up, and I said wait a minute. It can't be quite that difficult. It must be very easy. I'll stand back, and I'll treat him very lightly. I'll tap it, and it'll say 'boom, boom,' and there it was. So how many times since then I walk on the beach and I said wow look it can't be so complicated. And I tap, tap, tap, and nothing happens.*

The reason it didn't happen again is that Feynman engaged his left brain to figure it out, and as long as the left brain is engaged, it won't happen again. It happens in states of left-brain rest and disengagement.

There are scores of examples that highlight the same intuitive, creative process that occurs when the analytical brain is at rest and not working on the problem:

- **Albert Einstein** - attributed the idea for the Theory of Relativity to a dream. The rational analytic brain was off-line while Einstein slept. It came with certainty, "I was filled with a sense of awe. I understood in some way that I was looking at the most important meaning in my life," and excitement, "I knew I had to understand that dream, and you could say, and I would say, that my entire scientific career has been a meditation on my dream."

- Billionaire businessman **Richard Branson** uses action and sports tricks to incite creativity. On his island, he has kitesurfing sessions, zip-lining to breakfast, and a cedar hot tub beneath the stars. Everything is designed to keep people inflow — to turn off their conscious minds and stimulate creativity.

- **Werner Heisenberg** - attributed the discovery of the uncertainty principle to an insight he got in the middle of the night quietly walking through a park behind the Bohr Institute in Copenhagen. The intuition came suddenly as he was watching a man walk under a light, back into the darkness where he disappeared, back into the light, gone in the darkness, and so on. This mind-wandering and its relationship to intuition and creativity are being studied in the Meta Lab at the University of California, Santa Barbara.[45]
- **Werner Heisenberg** – attributed his discovery of quantum mechanics to another late-night insight, while on vacation in Helgoland, where he decided to use non-commuting observables. "It was about three o'clock at night when the final result of the calculation lay before me ... At first, I was deeply shaken ... I was so excited that I could not think of sleep. So, I left the house ... and awaited the sunrise on top of a rock."[46]
- **Laser** – The sudden insight for the laser came to Dr. Charles H. Townes while in a moment of rest sitting on a park bench in 1951, waiting for a restaurant to open for breakfast. Townes compared the moment to a religious revelation. A bench with Townes' statue sitting on it now marks the spot where it happened.
- **Hologram** – Dennis Gabor discovered on Easter Day in 1947 while he was at a moment of rest waiting for a game of tennis. He did not consider the discovery important and even stopped working on it in 1956.
- **Garry Nolan** - Said he didn't know how it happened but knew the process to create insight. When asked by students how he became so creative, he stated, "I know what my process is. I lay things in front of myself with all the parts of the problem. And then I pose the question, and the answer comes days later out of nowhere… what is strange about many creative individuals, and I have had a couple of situations like this myself, is when the answer to a question I never asked pops into my head."[47]
- **Tyler D**. - In the book *American Cosmic: UFOs, Religion, Technology,* author D.W. Pasulka refers to a key government

person in the invisible college of people working on the UFO problem - Tyler D. (not his real name).

I spoke with him in 2013, and he explained to me he had several inventions that he received, and his most dramatic invention was put on the space shuttle. He had to fight to get it on the space shuttle, and they said, "This is crazy stuff, it won't work." He told me, "Grant, the night that I got that idea in my head, the last thing I remember from the night before was a hooded figure standing at the end of my bed," and of course I asked if he could see its' face, but he replied that he could not see the face of the being. So here again, you can see that the idea that came to him was not from his rational, analytical brain. He wasn't sitting at his desk and coming up with the idea because he was thinking about it. Something happened to him where he was able to dissociate (by perhaps being in the hypnogogic state as he received the info while falling asleep) and this experience happened to him where he now has 40 patents in his name and has made a lot of money from this, and he does believe that he can tap into the system.

Tyler's technique is to sleep 8 hours a night, then he gets up and then goes back to bed for 1 hour, then he gets up and sits in the sunlight where he drinks a large glass of water, and then he can feel that he's tapping into the signal. Tyler also doesn't drink coffee or alcohol to help him get into this space.

- **Whitley Strieber -** Whitley has a system where he drinks coffee and drinks a little wine in the evening and then a shot of hard liquor later on. He states he has very little sleep. He claims to have a very clear signal and attributes two hours a day of awareness meditation for helping to make the communication.

Every one of these creative methods is different, but they all work. Each, however, has the same pattern. 1) The left brain gathers the material and poses questions. Nolan describes it as "focusing creativity on an outcome." 2) The left-brain rests in sleep, or in a break from the laboratory to do something completely unrelated. 3) Form the right brain (some say unconscious mind – whatever that means), the intuition/insight comes in a flash, and with certainty.

Because everyone has their techniques that they believe work, I think this is what the channeler Bashar would call 'permission slips.'

If you find something that works for you, and you believe it will, then, of course, it will. It is part of your belief system, and so will work. It is the belief that taps you into the system. So, you don't have to copy exactly what works for someone else; if you believe it will work, then do what works for you.

Caudate Putamen and Intuition and Creativity

What's strange about –let's call them creative individuals-and I have had a couple of situations like this myself, is when the answer to a question I never ask just pops into my head, or pops into people's heads. If anything has fed my interest in this area to go beyond the pure line of mainstream science, it has been those events came to me apparently out of nowhere. Ok, so where did that information come from?

-Garry Nolan

When you do meditation processes like I have just described (sensing), it changes the brain...My brain has been in a study where it has been shown that these connections (between caudate and putamen) are very extensive.

-Whitley Strieber

Intuition and creativity seem to have the same source, and appear to have a strong link to the CMs which allow an extension beyond waking consciousness. There has been a lot of research on creativity, and what was found is important to understanding consciousness, the brain, and reality.

Creativity is much more complex than one module in the brain, performing a task. It is now more commonly believed that multiple brain modules are involved in anybody's function and that all 100 billion neurons are active at all times.

As can be seen with the London taxi drivers who have larger hippocampus structure, or meditators who have a larger cortical thickness in the hippocampus and right anterior insula, or bilingual people with an increased gray mass in the left prefrontal cortex and right parietal cortex, the more a module is used, the more structure is built to handle the increased demands.

The brain is very plastic (as we will see in the examples of meditation and other modalities coming up). You, (the observer) can change the structure of the brain. The more you use a module of the brain, the more that part of the brain will grow. In the same way, if one section of the brain is not being used very much, synapses and other parts will be pruned off. So, use it or lose it!

As mentioned above, Kit Green and Garry Nolan have linked the caudate-putamen to intuition. This then seems obvious to infer that the caudate-putamen has increased in size because it is being used for something more in experiencer's brains than in the rest of the population. The question is, what function is occurring that requires a larger caudate-putamen to do its job?

There has been researching done into insight and intuition. Some of the most revealing work has been done by psychologist Mark Beeman's lab at Northwestern University, where he studies 'high-level cognition.'

Beeman has used fMRI scans to study insight and intuition. In all those scans, the caudate-putamen does not light up. It is not involved in intuition or creativity.

Beeman describes intuition as a precursor to insight:

> *Though insights often come as a surprise, sometimes we can sense that an idea is present, lurking just below the threshold of awareness, ready to emerge. This puzzling phenomenon has a strange subjective quality. It feels like an idea is about to burst into your consciousness, almost as if you are about to sneeze. Cognitive psychologists call this experience "intuition," meaning the awareness of the presence of information in the unconscious mind – a new idea, solution, or perspective – without awareness of the information itself, at least until it pops into consciousness.*[48]

The research into insight is one of the most important studies as it points to a couple of things that might explain the paranormal mental phenomenon.

The way the experiment worked was as follows. The students in the study would be shown three words on a slide for 10 seconds. They were asked to find the word that would link to all three.

For example, they might be given 1) crab 2) pine 3) sauce. If the student got the answer, it would be an *apple* for crab apple, pineapple, and apple sauce.

When the student got the right answer, they were asked how they got it. Did they analyze it, or was it an insight that seemed to pop in their head? They had found a way to create hundreds of insights so they would check the brain when these insights took place. The two measuring tools they used were fMRI and EEG.

When they were reviewing the data associated with the insight moments, they found a very strange pattern. First, they found that the temporal lobes (process words and concepts) of the insight moments showed increased activity in both hemispheres as the person was preparing to solve the problem. There was no increased temporal lobe activity in the analytical moment preparation.

The right temporal lobe is a significant part of the brain when it comes to contact modalities, the paranormal, and religious experience.

The researcher's rationale for the right temporal lobe lighting up like a Christmas tree was a "neural manifestation of openness to the full range of possibilities." The analytical is analyzing and eliminating things.

Another key contributor to the insight process was the anterior cingulate, which researchers believe monitors the rest of the brain for competing ideas. Dr. John Kounios tied it into being in a good mood, saying, "when you are in a good mood, and that area lights up, it expands the scope of your thought to encompass all sorts of long-shot and crazy ideas of creativity.[49]

A quiet, anterior cingulate, on the other hand, according to this lab, creates a sort of mental tunnel vision where "one or two obvious ideas upstage the shy ones."[50]

The Intuitive Right Temporal Lobe

Now comes the strange part. When John Kounios was reviewing the insight data, a strange pattern was appearing each time the person believed they had experienced insight. The researchers had no idea what was going on.

The pattern was that about two seconds before the insight, the back of the brain above the visual center produced an alpha signal. The visual areas "dimmed slightly." Kounios called it a brain blink. The person becomes

suddenly “less aware of their environment. There is a deterioration of a diminution of distractions. You can get some of that same effect through sensory deprivation (see Deprivation Modality chapter).

This was unusual because an alpha signal is usually caused in that area when the eyes are closed (idling and quite), but here, the subjects were wide awake with eyes open. There should not have been an alpha signal.

The other bizarre thing that occurred is that 0.3 seconds before the person had the insight, there was a Gamma signal in the **right temporal lobe**.

This remained unsolved until Kounios had an insight into insights. He realized that at the moment of the alpha signal when the person was about to have an insight, the person looked away. This quieted the visual center and created the alpha signal. The researcher explained this as, “it inhibits or suppresses it (the part of the brain involved) so that the region will not interfere with the activity elsewhere.” The brain goes quiet in preparation for the incoming insight.

This ‘looking away or at the ceiling’, happens when people reach for an answer or a deep memory. What was not brought up in the experiment was the fact that people not only look away, but they also hold their breath, as they intently look for the answer.

This looking away did not happen to the people who had analytical answers. They were busy staring at the screen, which increased their visual center activity. The Northwestern researchers called this ‘outsight’. The rational left brain is looking at the source of the problem or “the appearance of things” rather than looking internally at its thoughts and ideas.[51]

Just after the quiet alpha signal, there is a sudden burst of gamma signals in the right temporal lobe - **not the caudate-putamen -** just before the insight. Insight is in the right hemisphere, just as predicted.

This right-brain temporal lobe location matches the other seemingly paranormal contact modalities. Melvin Morse, at the Institute for the Scientific Study of Consciousness, outlined his research findings stating that the right temporal lobe and the associated limbic lobe structures may be the biological interface with an Interconnected Universe:

> *Deep right temporal lobe and associated limbic lobe structures are linked to human religious experiences of all types, including conversion experiences and near-death experiences. Simply because religious experiences are brain-based does not*

> *automatically lessen or demean their spiritual significance. Indeed, the findings of neurological substrates to religious experiences can be argued to provide evidence for their objective reality. I speculate that our right temporal lobe allows humans to interact with a timeless space-less "non-local" reality.* [52]

The gamma flash just before an insight is also strongly indicative of the idea that the signal is coming from outside waking consciousness in a space-less ‘non-local’ reality.

It could not be caused by the surprise of some other emotion because it happens at the moment of insight and not after.

The results of this research bring up important questions and ideas for future experiments.

The first question is, Why does the person who is about to have an insight look away? This is especially true in light of the data that 42% of all UFO experiencers report insights of advanced mathematical, technical, or scientific material in their heads that they did not learn in school. Garry Nolan also confirms that some of the insights he gets just pop in when he is not thinking about the idea.

Why is the brain being quietened? Who is doing the quieting?

Most importantly, where is the very short gamma burst which appears to be the insight, coming from? A skeptical left-brain interpreter will say it comes from the brain.

This, however, does not make sense. If the brain already has the insight, why does it need to send a signal back to itself?

The bizarre pattern found at Northwestern clearly shows the best evidence of how insight enters the brain. It fails to explain where the insight originated.

Again, the skeptical, left-brain interpreter will come up with ‘elves,’ ‘unconscious robots,’ or ‘the unconscious’ as rationalizations. These, however, are no more than names. They could easily be replaced with God, Jesus, demons, Hillary Clinton, or the now very popular, ‘evil aliens.

The insight research leads to an interesting theory that should be followed. Is the EEG signal nothing more than the non-local mind talking to the local mind/brain?

This would explain the Northwestern results. The non-local mind is sending the local mind the answer. It tells the brain to quiet down so it can receive the signal. The brain obeys, and it makes the subject look away. The alpha signal appears.

When the brain is quiet, the non-local mind sends the signal to the right temporal lobe, which appears to be the interface for all the paranormal weirdness.

The brain appears to be just the idiot in-between. The mind is not the brain. The brain is in the mind. The mind is tapping into the brain and is using certain sections of the brain, and this is one of the sections it is using to make contact.

Note: Please note a similar discussion in the Meditation and Channeling chapters that show a clear link that the mind is telling the brain what to do.

What about the Caudate-Putamen?

So, if the caudate-putamen is not the center of intuition and insight, why does it have additional mass?

As previously mentioned, if a structure in the brain is enlarged, it strongly indicates that it is being used for something. An experiencer is like a London taxi driver with an enlarged hippocampus. The intelligence behind the phenomenon is sending more signals into the Caudate nucleus for some reason.

What is in that signal is still speculation, but the first place we should look at is memory. That is because there are two other, almost paranormal abilities of the brain that also involve the caudate nucleus, and they both have to do with memory:

1. As is explained in the Hypnosis chapter, memory is perfect in the non-local world. Like the ancient idea of the Akashic field, everything that ever happened is recorded. The problem lies in the fact that the local physical brain has a limited ability to access Akashic memories.

Despite this physical drawback, as many modalities show, some people can access this perfect memory. As mentioned in the Hypnosis chapter, one of the groups of people with exceptional memory is people with highly

superior autobiographical memory (HSAM). The other name for it is Hyperthymesia.

These people have been tested and shown to be able to remember every event in their personal life, from about ten years old, as if it happened yesterday.

The tie into the caudate nucleus is the fact that the greater mass concentration was detected in the vicinity of the right anterior putamen and caudate at – up to seven times normal.[53]

The temporal lobe, associated with insight, is also enlarged.[1] This may tie into the 1961 Wilder Penfield report that states that specific stimulation of the temporal lobes resulted in the vivid recollection of memories, "He concluded that our brains were making 'continuous, effortless, video-like recordings' of our experiences, but that these records are not consciously accessible to us."[54]

Like the insight discovery at Northwestern, the right temporal lobe might be a doorway to the Akashic field. Some have proposed that it is the 'seat of consciousness', but people have had the temporal lobe taken out, and it made no difference. Those who remember back to Karl Lashley's experiments where he was cutting out the various parts of a rat's brain and failing to stop the rat from running the maze should not be surprised by this finding.

The idea that there may be something outside the brain that involved this notion is supported by the actress Marilu Henner, of the TV show Taxi, who has HSAM. She described to *60 Minutes* what happens when someone gives her a date in the past. Asked about what occurs in her thought process when September 8, 1985, is presented, Henner replied, "Ok, so I know that September 8, 1985, was a Sunday. It's like 85 all of a sudden kind of lines itself up, and it gets completely organized sort of in a timeline way, and I see the whole calendar sort of fall into place."[55]

2. The second indication for the added structure in the caudate with a memory connection also is presented in research on savants.

Contrary to public opinion, savants are not geniuses. They have an average IQ between 50 and 70, and thus the slur of 'idiot savant' in the past.

Savants have islands of genius. They are very good at one or two things, and their skill usually centers on memory and repetition.

I met a man whom I believed had high-functioning Asperger's Syndrome at the homeless shelter where I volunteer. He could tell you every weird court ruling in the United States, and what was invented exactly 90 or 100 years ago today. He would quiz me every week on the latest court trivia. He would then ask me how I thought the judge ruled.

Frustrated with never knowing, I would always ask for a clue. He would say, "Come on, Grant. You're smart. You were a professor at the University."

I would reply, "I was at the university for 37 years but I was not a professor." He would then give me a clue.

Every week we would play the same game. I wouldn't know. I would ask for a clue, and he would think I was smart because I was a professor. The game went on for years. I never got the ruling correct, and he never did remember that I was not a professor.

While bartending at the Faculty Club at the University of Manitoba for a few years, I can also compare these observations to many Ph. D's who I think also have similar islands of genius. They are extremely good at one small aspect of one field of study, but when you move them out of their area of expertise, they drown quickly. A quick example would be that because you have a Ph.D. in biology, it does not mean you know how to fix your car.

I have worked with a couple of individuals who had savant abilities. A close look at a savant will show that skills are domain-specific. They will have enhanced memory capability, restricted interest, and compulsive repetition of the same act.

The skill that amazes most people is the unbelievable memory, such as remembering 8,000 songs they only heard once or recalling everything read in 12,000 books. The memories are instantly retrievable as if their brain has a Google search engine in it. Some will have autobiographical memory about their own life, but most have semantic memory about things that are common knowledge.

The savants show enlarged caudate and putamen structures. A study of an artistic savant at the University of Washington showed, "The right cerebral hemisphere was 1.9% larger than the left hemisphere; the right amygdala and right caudate nuclei were 24% and 9.9% larger, respectively,

compared with the left side. In contrast, the putamen was 8.3% larger on the left side."[56]

Are the UFO experiencers in the Nolan/Green study being downloaded with information that would cause increased structure in the caudate-putamen area? The scientific FREE Foundation data provided by experiencers gives a supportive hint. Forty-two% of experiencers claimed they were being downloaded with advanced physics, technical, and scientific material, and 40% claimed that at one point during their experience they knew the answer to everything in the universe.

Dissociation and Trauma

In looking through all the contact modalities, the common underlying element seems to be either dissociation or dissociation caused by trauma.

If we consider trauma as a way to dissociate, then it is all dissociation. In every one of the 70+ contact modalities discussed in this book; the word dissociation could be employed in explaining all of them. It is almost as if the modalities are just ways to shake us from our normal waking awareness that we assume is the basis of all reality.

Those who report being in these dissociative states, especially with near-death, or out-of-body, with psychedelics, or in lucid dreaming, will usually report that the experience was more real than their waking reality. This is a very powerful testimony because the only thing that the skeptic has to counter the claim with is that he believes what the subjective consciousness perceives is the ultimate reality.

An example of a trauma event causing an anomalous, paranormal experience is the story of a woman from Maryland in a bad marriage who was being abused. She could produce in photos strange fogs and cloudy, spaghetti-like squiggles. She took a photo with her angry husband, and the squiggles beside his face said *Help*. A second woman named Jean reported the ability to separate from her body after extensive abuse from her stepfather.[57] (There are many more examples in the chapters on Brain Injury, Mediums, and Events Surrounding Death).

The pattern seems to be dissociation from what psychologists would call normal waking consciousness, as opposed to altered states of

consciousness that are generally considered to be abnormal, dysfunctional, and problematic.

The implication is that the dissociated state is a state where the light has been turned off, and the person realizes that he was sitting in a dark room.

The other happening in the dissociative state is that the information that is being received is more complete and more accurate. This will be described later in the book in states such as hypnosis, savant abilities, and especially in some of the memory conditions such as very advanced biological memory.

This dissociative model differs from the standard neurological model that maintains that genes create structure in the brain, and the structure creates the function. In short, genes create the physical structures that create consciousness.

A revealing finding that discounts the genetic belief is people who become acquired savants. These are people who gain their savant abilities through a traumatic injury, as opposed to having it from birth. They are normal one minute, and seconds after the injury, they have a unique savant ability where they can suddenly calendar count, do complex mathematics, play music, or a host of other bizarre talents. This suggests that the basis for these skills was there all along, though beyond conscious awareness.

Tyler D, (from Diana Pasulka's book *American Cosmic*) was good friends with Judy, who was on the space shuttle Challenger that exploded upon takeoff. He was at the launch site and witnessed the tragedy. He was very affected by the death of his friend and was having heart problems and also going through a divorce at the time.

It was at this time that he had the first major download experience. This could have been spurred on by the trauma he was experiencing in his life at this time. Of course, we would all like to avoid trauma at any time in our lives, but we can see that sometimes it is the trauma that brings us some unexpected results.

The Bubble Machine Illusion

The modern scientific world is enamored with the normal waking consciousness believing that it accurately sees and interprets true reality.

This faith in waking consciousness even extends to the study of altered states of consciousness.

There is a dogmatic belief in modern thinking that the conscious mind is all that is, even though we know that we see and hear only a tiny portion of the electromagnetic spectrum. It is this faith in conscious thought and its rational analytic partner that leads to a quick rejection of any person claiming to experience something that was not picked up by waking consciousness. Waking consciousness, which is the one we do physical science with, is the only consciousness that is of any use in establishing what is and what isn't.

Extraordinary claims of elements beyond consciousness will lead quickly to charges of hallucinations. There is no clarification of what a hallucination is, except it is something beyond the waking consciousness that cannot exist.

Other cultures that have studied consciousness for thousands of years will maintain waking consciousness is but one of many levels. According to Maharishi Mahesh Yogi, there are seven states 1) Waking 2) Deep sleep 3) Dreaming 4) Soul 5) Cosmic 6) Divine 7) Unity or Oneness. The materialistic dogma, however, has a big ego within, and 'believes' because it has not experienced it, that there is nothing other than itself.

The key western researcher who outlined that there was something worth studying outside our waking impressions was William James, who discovered a different and perhaps more accurate form of perception came after making observations on nitrous oxide intoxication:

> *One conclusion was forced upon my mind at that time, and my impression of its truth has ever since remained unshaken. It is our normal waking consciousness, rational consciousness as we call it, is but one special type of consciousness, while all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different. We may go through life without suspecting their existence; but apply the requisite stimulus, and at a touch, they are there in all their completeness, definite types of mentality which probably somewhere have their field of application and adaptation. No account of the universe in its totality can be final which leaves these other forms of consciousness quite discarded. How to regard them is the question, - for they are so discontinuous with ordinary consciousness.*

The prime example of this is the use of hypnosis in the study of experiencers who have UFO experiences hidden from the waking consciousness. Over and over, researchers will point out that people under hypnosis can be led and that the information obtained in such a state is tainted, unlike the waking consciousness that is considered reliable and grounded.

How good, however, is the conscious mind? In the U.S. Congress you see complete opposites of opinion. The members can hear the same speech or be presented with a situation, and there will be a 50/50 split in the conclusion to what it means. These conclusions will be as opposite as black and white.

A closer look makes the normal waking consciousness more analogous to a bubble machine, whose bubbles create extensive noise in the signal to the reality around us. Looking at the following examples, it can be concluded that the farther one gets away from what the waking consciousness is telling us, the closer we are to finding out what the real truth is.

The conscious mind is described as the body function that can reason, analyze, criticize, plan, and choose. A closer look at the conscious mind shows that even though it is trusted to evaluate reality, and do science, it is flawed and unreliable. A safer assumption would be that the farther one gets from the conscious mind through instruments and outside information, the more accurate the description of reality, and the more unreliable the conscious mind starts to look.

Consider the following theories that show how the conscious mind can perceive the foundations of our reality incorrectly:

The world is flat - Until a few centuries ago, normal waking consciousness told us that the world was flat. It was very obvious for anyone who had eyes to see. Anyone who believed otherwise was considered to be suffering from some psychosis, where they are having trouble distinguishing between what is real and what is not.

What caused a change in the idea that the world was flat, came when people took a step away from waking consciousness and brought in outside information that ran contrary to what the eyes were seeing.

The sun rotates around the world - Again, up to a few centuries ago, the entire world, based on the conscious mind gathering and interpreting data, concluded that the sun traveled daily around the world. It was not until

Copernicus's (1473-1543) heliocentric theory that the western world was faced with a view that opposed the conscious mind's obvious conclusion that the Earth was the center of the universe.

Copernicus obtained more accurate information, but he too was using the rational-analytic brain, and what came in through the five physical senses, so even though he was more accurate, he too was wrong. He concluded, based on his physical observations, that the sun was the center of the universe.

Like those left-brain skeptics who question anything paranormal as woo-woo pseudoscience, those who backed Copernicus's new world view were ridiculed and attacked. Copernicus was fortunate to die just as his idea was first published.

Some lived only decades after Copernicus, who were attacked for supporting his beliefs. One, Giordano Bruno, not only agreed that the Earth revolved around the Sun, he even suggested space might be infinite, that our solar system was but one of many, and that there were possibly other worlds inhabited by beings who might have intelligence equal to or even superior to that of man.

In 1600 Bruno was condemned by the Papal Inquisition and burned at the stake for his views. Galileo Galilei, whose discovery of the moons of Jupiter in 1610 lent credence to the Copernican model, was condemned by the Church in 1633 and forced to renounce all belief in the heliocentric system lest he suffer the same fate as Bruno.

The ground is stable - Our senses indicate that we are standing on stable ground that does not move. We are moving from west to east at 1,000 mph due to the rotation of the Earth.

There are 5,000 stars - Without any outside information to cross-check the conscious mind, through the visual senses, we can only see at best 5,000 stars in the night sky. This false perception led to the "belief" that there were only 5,000 stars in the Universe. Any other belief was pseudoscience and unprovable.

The stars are there - The light from the stars takes years to get to Earth. Some, if not all of the stars may no longer exist, as the light we are looking at is from the past. The stars may have ended their lives during the time that the light took to travel to the Earth.

There is only one galaxy - At the time of the quantum discoveries of the 20th century made by Albert Einstein, Niels Bohr, and Werner Heisenberg;

the belief was that there was only one galaxy. It was not until 1929 that evidence from telescopes seemed to indicate there were other galaxies. Therefore, the top scientists of the day, using the human senses, and limited visual aids such as telescopes, believed something that turned out to be wrong.

We are alone - In March 2019, taxpayer money from countries all over the world was spent for a METI group one-day workshop in Paris (METI stands for Messaging Extraterrestrial Intelligence). The subject of the meeting was to debate the Fermi Paradox. This paradox comes from "the apparent contradiction between the lack of evidence and high probability estimates for the existence of extraterrestrial civilizations." Physicist Enrico Fermi, in 1950, had questioned, "Where are they?"

This most recent meeting indicates that there are still many scientists who hold out the possibility that we are the only advanced life in the universe, and that if there is another species out there, it will not look like us, and cannot get here because of the distances involved.

There is time - Recent experiments over the last 100 years indicate that time is just 'tools of the mind' or a projection of the conscious mind. There is only now. Einstein showed through his theory of relativity that time would slow down as a person reached the speed of light. People involved in UFO abductions and things like car accident state that time slows down and, in some cases, seems to reverse.[58] In the FREE Foundation's scientific study of 6,000+ experiencers, 75.9% reported time was not the same in the matrix-like environment that they found themselves in, 11.4% said time either speeded up or slowed down, and 65.6% said time either stopped or had no meaning.[59]

When we look at children, we find that a child only starts to understand what time is when they are about five years old. Until then, it does not exist. They are still living very much in the right brain. The same rule applies to our left-brain rule of naming things and creating nouns. When a baby sees a mountain sunset, he/she does not see a 'mountain,' a 'sky,' and a 'sunset'. The baby sees color and shape and texture if it can be touched. It sees almost exactly what a remote viewer describes in the right brain state describing a target.

There is space - The experiment done with entangled particles threw the idea of space into the 'Maybe it does not exist' category. What was

unthinkable 100 years ago is now being debated[60] – are time and space constructs of the conscious mind?

Blue sky, air, and vacuum - The conscious mind tells us that the sky is blue. It isn't. The molecules in the air scatter blue light from the sun. The idea that air was an actual element made up of things did not arise until Carl Wilhelm Scheele discovered oxygen in 1772. Only recently we discovered that the vacuum of space is not empty even though it looks that way to the conscious mind. It is filled with zero-point energy, radio waves, TV signals, and several other seemingly invisible things.

Things are solid - We now know this is not true. Today we know it is as far from true as you can get. As more information has come in from various scientific investigations, we know that space makes up 99.9999999999999% of all the things we believed were solid. Other estimates go further, saying that even the nucleus of an atom is all space. These people put the matter: space ratio at one piece of matter to 10^{53} pieces of space. This would mean that the 10^{53} acres that make up the Milky Way, one acre would be matter – the rest would be space. Until a few years ago, the solidity of objects was unquestioned. Now we know that the conscious mind was wrong in what it believed it saw.

We are inside of our heads - Because four of the main senses of sight, hearing, smell, and taste are in our heads, we have come to believe that we are in our head looking out into the world. It is a good thing that these senses are not on our backside, or we would believe we are living in our rear-ends.

An experiment was done with subjects who were blindfolded for 96 hours, cutting off any visual stimuli. It was said that "Ten (77%) of the subjects reported visual hallucinations, which were both simple (bright spots of light) and complex (faces, landscapes, ornate objects). The onset of hallucinations was generally after the first day of blindfolding."[61]

If there was no light entering the eye, then where do the bright light and images come from? The inside of the head has no light in it, so where were these images being projected? Where are the speakers for the sound?

Where does the light come from when we dream as our eyes are closed?

If you can't sense it - it doesn't exist - The best evidence which quickly shows that this idea is wrong is to look at dogs and cats. Each of them can smell and hear better than we can. The cells of their bodies have developed to deal with the environmental signals they have received, and the cells

have written new programs to accommodate. A study of any biological element of the Earth will show that all plants, animals, and insects have senses and abilities well beyond the human range. The conscious mind, however, until recently made us think that we are at the pinnacle of evolution, and therefore, can sense all that exists.

The reality of ego - Anyone who has viewed the video of Harvard-trained neuroanatomist Jill Bolte Taylor talking[62] about her left-brain hemorrhage, will remember she talks about the ego voice that dominates our daily thoughts.

Taylor stated that when the left-brain stroke occurred, the "voice" that is stored there was not reduced, but shut off like hitting the mute button on the remote control. It did not reappear until the hemorrhage was removed, and the swelling of the brain went down. Until this voice came back to her, she sat in complete bliss, in complete silence.

The truth about fear - The lecture by Jill Bolte Taylor also illustrates that the experience of fear is another creation of the conscious mind. Taylor stated that when the left brain shut down, there was no fear. It did not exist. The same thing can be seen in people reporting extraterrestrial encounters. The beings do not seem to exhibit left-brain characteristics like fear, anger, stress, or emotion.

Stress - Taylor also stated during her left brain shut down period that there was no stress. So, this is also another creation of the left brain. It doesn't exist.

Anger - Jill Bolte Taylor described that during her stroke, anger did not exist. This would confirm that it is a product of the left brain and not a part of our ultimate reality.

Many of the people who have done deep meditation or experimented with high dose psychedelics will describe the same situation where the left-brain, ego-mind is shut off or completely killed. They experience "complete loss of subjective self-identity," and are temporarily brought back to their true nature of being a drop in the ocean.

The fact that this ego can be shut off in the left brain illustrates the fact that it is a creation of the left brain, and when dissociation occurs, we realize we can live without it. It is not a part of our true reality, no matter how much our conscious mind tells us it is.

Finally, very young children do not have egos. They do not develop this until the child is 2-3 years old. Then the ego develops. It is not a reality

we are born with.

The reality of movement - The conscious mind tells us that we are watching a movie. This is another illusion. The awareness is grabbing still frames and running them together like a movie. That is why in some extraterrestrial encounters or accident situations, people will describe things moving in slow motion. They will report a life review of every life event which occurs in one of two seconds. What the conscious mind thinks is going on appears to be something different when additional external information is brought in.

What we see is real – People who have had out-of-body experiences, psychedelic experiences, lucid dreams, and matrix-type UFO encounters will report that the experience was "more real than the real world," indicating the waking consciousness maybe like a dream state. In the FREE experiencers study, 37.5 % reported that their senses were more vivid during their experience, while 38.2% reported their senses were much more vivid.

Memory is faulty – As explained in the hypnosis chapter, we now know that memory is not faulty. The inability to access the memory makes it appear that memory is faulty.

Life is a dream – Most people who have not had an enlightenment experience will firmly believe that their brain is presenting them with a view of solid reality. These same people may have had a dream at night, and believed during the dream that it was real. When they wake, they know that was a dream, and now they are back in reality.

Those who have had an enlightenment experience such as an NDE, OBE, psychedelic experience, or UFO matrix-type experience will disagree and believe they are "back in reality."

Many, if not most, will say when they left the enlightenment experience, they suddenly realized that it was more real than waking reality. They will testify to their firm conviction that the enlightenment state is real, and the waking consciousness is actually a dream.

NATURE VERSUS NURTURE

When it comes to an understanding of what is behind the various claims made in each of the contact modalities, we come up against the nature versus nurture question.

The nature argument is the Darwinist random evolutionary model, where physical genes define structures and architectures of the tissues of the body. If the world is made up of little nuts and bolts, then genes would also underlie the brain and the information that gets produced as an epiphenomenal by-product.

The Darwinian model is based on random mutations where the evolving species are victims of events that happen around them.

The nurture argument falls more into a Lamarckian evolutionary model where animals evolve through awareness of the environment and the ability to change and adapt second by second. The theory also proposes that the changes made can be passed on to their descendants. In this model, we are the captains of our ships and have to take responsibility for our bodies and brains.

We know from the brain plasticity discussion earlier that thought could change brain structure. There is no random gene involved. We also know that psychedelics can quickly reprogram the brain in one session. These items back the Lamarckian model of awareness, reaction, and result.

Of the many examples that could be cited, one of the most interesting is the experiment to teach a monkey to use a new tool to get food. After 700 tries, the monkey had the skill down. This resulted in 15-20 cortical areas of the brain being remodeled, and 100 million neurons that needed to change concerning the skill being learned.

Epigenetics has also been developed in the last couple of decades. In this model, the cell is aware of the environmental stimuli around it, and it can quickly adapt through modification of gene expression. This new understanding also supports the Lamarckian view that evolution is quick and internally determined.

The association to the contact modalities is as an evolution of thought rather than physical structure, although an increased understanding of true reality brought on through a CM, will also benefit the physical bodies through new beliefs and understandings.

Is the Universe a Verb Vs., is it a Noun?

This is a concept that I received in a 2016 noetic download-enlightenment experience. Later I discovered that one of the top scientists in the world, Robert Lanza, along with astronomer Bob Berman had also detailed the same ideas in two books they wrote on biocentrism. Lanza's view is, "Life creates the universe instead of the other way around. In this new paradigm, life is not just an accidental by-product of the laws of physics."

The concept ties into another concept – are things separate or is the one the all, and the all the one?

The materialistic paradigm that has developed over the last couple hundred years maintains that everything is just a randomly created object floating around in time and space. There is no connection between objects except when they bump into each other or attract each other through the force of gravity.

The verb – the Oneness model adopts a different concept. In this model, the only thing that doesn't change is consciousness. Everything else changes and is, therefore, a verb.

An example would be the human body. It is a verb as it constantly changes. Three million cells die and are replaced every second in the body.

The brain is plastic and is constantly changing. It is pruning away and adding synapses and neurons based upon what signals are coming in from the environment around it.

The body's thoughts and ideas are changing. The body ages and dies. The body's overarching core is life, which is a verb.

I learned this concept not through analyzing the facts, but through a CM, where I was able to move outside of waking reality. Lanza's co-author Bob Berman also had an enlightenment experience, and Lanza hinted to a friend of mine that he also had some experiences.

The main problem with seeing things as nouns rather than verbs is it allows us to use the naming theory to walk around hard problems that need to be answered if we are seeking true reality. We simply give it a name or a place-holder, and that makes it go away.

Some people say it's a world with quantum wave potential, and it's all quantum foam; the particles are coming in and out of the quantum foam.

But the question is, where did the quantum foam come from?

Consciousness is primary to the physical world. Deepak Chopra called it the Chidakasha – unlimited space of consciousness. He said that this is primary. Then you may get quantum wave potentials out of that or quantum foam, but you can't just start with this; we need to explain where do all things come from? What is the basis of the whole matter? I maintain that the more we are looking at reality right now, the more it appears consciousness is primary, and that matter is going to be secondary. If you talk to people who have had the Samadhi experience, or an experience of oneness with or without psychedelics, they will talk about the state where it is silent, and there is unconditional love.

Sometimes this is referred to as resonance theory of consciousness. When you throw the stone into the emptiness, consciousness starts to vibrate. You get vibration, and you get physical matter, which is just the vibration of this consciousness - that the physical thing is just an aspect of consciousness. Consciousness is primary; there are not two separate things. Matter is a derivative of consciousness.

Therefore, if it vibrates, it is an illusion – i.e., matter. Many cultures believe this.

That which is real is that which never changes, which is consciousness, the basic bottom line.

Consciousness

What philosophers of science are saying is, give us one free miracle, and we will roll from that point forward – from the birth of time to the crack of doom! – just one free miracle, and then it will all unravel according to natural law, and these bizarre equations which nobody can understand but which are so holy in this enterprise. Well, I say then, if science gets one free miracle, then everybody gets one free miracle.

-Terence McKenna

When I wrote my book *Inspired: The Paranormal World of Creativity*, I listed different inventions and paintings and songs and downloads that came to these different but creative individuals. I came up with the idea that it's all about this right brain, left brain concept. If you can just shut

down your left ego brain, the rational and analytical brain, then you have access to this field of information that you can pull your ideas from. There are many musicians who are very right-brained; they can tap into the field.

I contacted Hal Puthoff who ran the remote viewing program in the 1970s, and I said to Hal, "Did you guys ever look at this right brain/left brain thing when you were doing the remote viewing and the psychic spies?" and Hal just said, "Read Chapter 6 of my book, *Mind-Reach*."

When I looked at Chapter 6, it showed that the SRI scientists had this idea back in the 1970s already. When remote viewers picked up this stuff, it was very right-brain/left-brained oriented. The remote viewers were trained to pick up colors, textures, and sounds. These are all right-brained aspects.

But when it came to left-brain ideas, targeting was not very good. For example, what was the size of the object, what exactly was the object? They could describe it, but they would misname it. They would be confused saying they saw a swimming pool when it was a water treatment plant. They were misidentifying it.

What you do while remote viewing is you shut down the left brain, and the right brain taps into the field to pick up the textures, smells, colors, and shapes. It's not 100% accurate because the left brain is part of the process.

This is why remote viewing targets are blind and the coordinates are random numbers. The viewer is only given a number for the target to view. No backstory (blind) as to what the target might be is given because then the left brain is activated, and it starts trying to guess at what the target might be.

If you give the left brain any hints or clues as to what the target might be, this rational, analytical brain is going to try to fill in the gap in knowledge. It will guess, and it will usually be wrong, then the experiment failed.

Viewers are told not to guess, but to report whatever pops into their minds. Describe what you hear and smell and taste. Write everything down and interpret it after. Don't guess or allow the left brain to interfere.

So, the idea here is, whether you are psychic or whether you are talking to dead people or aliens or whatever, it's not just this one little section of the brain doing this thing. We always want to go back to the materialistic paradigm, where the brain is creating consciousness. And I will maintain it is the other way around. The brain is being used by the mind to send signals, and almost like a TV receiver, there is no football game inside of

the TV. There are no little men or a stadium inside of your TV. The signal is coming from somewhere, and the brain is just a sender and a receiver.

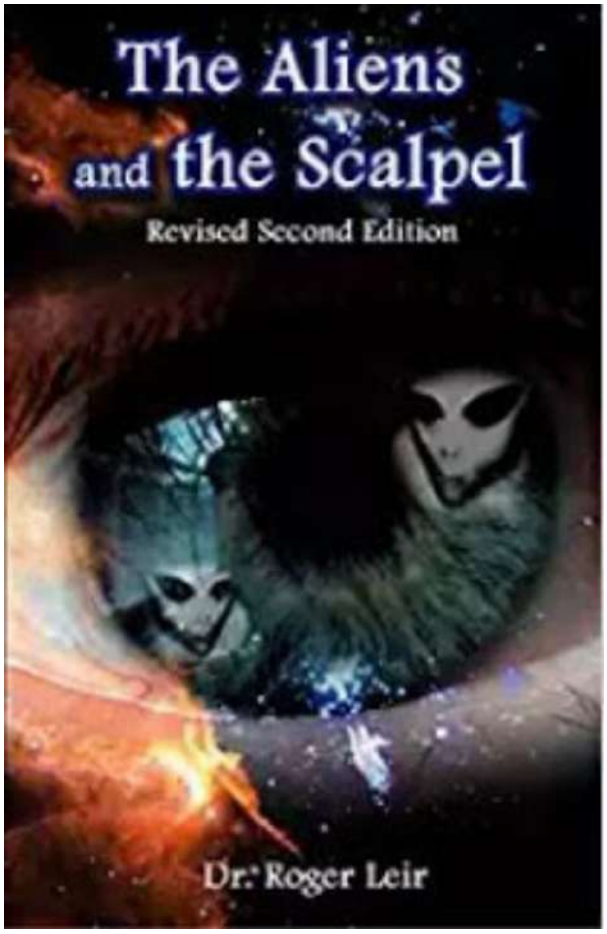
Gazzaniga, the father of cognitive neuroscience, stated the mind is, "a confederation of independent modules working together."

So, we say the brain does this, and the brain does that. No. The brain is possibly thousands of modules, and they are all working together. This is the Oneness concept. And I maintain that this is the number one message from the beings to the contactees. Everything is One. There is only love. There is only Oneness. And the whole idea is that everything has to work together as one. All the modules in the brain need to function together. It might be this one module in the brain that is focused on balance, or the visual center, or the audio center, but it must also work together with all the other sections of the brain. All are working together as one. Even though they are independent modules. This is akin to cells in the human body. All the cells in the human body must, at one time, come together and work together for the body to function properly. When you have a cell that decides it is going to be an ego cell, it's going to keep dividing, and it's not going to die… this is a cancer cell.

The way the body works is that all the cells must contribute what they can contribute and take only what they need. So, this is the same as the brain; all the modules are working together. It's also similar to a beehive. Some people get upset that the grey aliens are on the ship and have a hive mind. That they have no individual personality, so they seem cold and work-oriented and uncaring. They are all linked together and thinking the same thing. But this is how our bodies work, and this is how the universe works. We are only a small component in the universe, and we are all linked together in the universe, and we all have our jobs to do. We are not independent things floating around out there, and we are all tied together as one.

Here's an interesting concept to note when we come to this right brain/left brain topic. This is in Dr. Roger Leir's book. He was famous for taking alien implants out of 17 people's bodies. From his book… "Following are other factors that were found to be significant in Derrel Sims' study of 250 alleged abduction cases.

Figure 1 Dr. Roger Leir's Book



All objects were obtained from the left sides of the bodies. A significant number of other cases have been investigated that also show the suspect objects occurring in the left side of the bodies of the alleged abductees. “

The key to this thing is, if it is true that all alien implants are on the left side of the body, then they are targeting the right side of the brain. If they wanted to target your logical, analytical, left-brain, which we think runs the world, they would put the implants on the right-hand side of the body. They are targeting the female, right side, the creative side of your brain, not the rational, analytical side.

Melvin Morse M.D stated, “Deep right temporal lobe and associated limbic lobe structures are linked to human religious experiences of all types, including conversion experiences and near-death experiences... I speculate that our right temporal lobe allows humans to interact with a timeless space-less ‘non-local' reality.”

I believe the brain is like a battery-operated radio; if you were to take that radio to Charles Darwin 150 years ago, he would think that the London Philharmonic Orchestra was inside that radio.

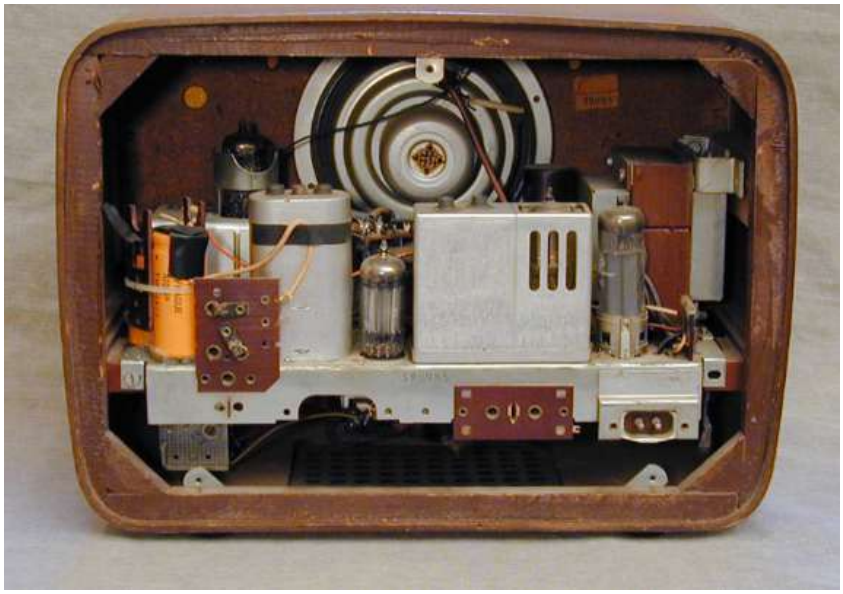


Figure 2 Radio with electrical neural components, but it doesn't mean there is an orchestra or football game inside.

He would deduce that since the round thing is vibrating (the speaker), that was the proof the orchestra was located inside it. You would never be able to convince him otherwise because he has no concept that the signal could be coming from outside. We make the same mistake in the modern world when we say that the ‘voice is inside her head’ or the ‘signal is coming from inside the head.’ Be careful what you wish for because if you were to suddenly have your eyes and ears which are the predominant senses that make you think you are inside your head, if they were on your rear end, then you would suddenly think you were living in your rectum.

Consciousness is being projected from somewhere else. There is no TV screen inside your head, and there are no little speakers inside your head, it’s happening somewhere else.

It is also not an on/off switch. It’s almost liked a thermostat, where you get different levels. There are channelers, mystics, and mediums. And there are relay channelers, and then you have trance channelers. There are different levels. Some are good, and some are better. It doesn’t mean you have the talent or you don’t have the talent; it’s how much can you shut off this logical, analytical side of your brain that’s causing the noise in the

signal, and the more you can cut off the noise, the clearer the signal will become.

Ingo Swann, who created the remote viewing protocols, said, “noise equates to inaccuracy.” This is the whole concept. If the brain is very noisy, it’s producing optical illusions and bad signals (the earth is flat; the sun revolves around the Earth).

The concept behind contact modalities is if you want to talk to dead people or aliens, you are not turning things on but shutting things off. You can get a clearer signal if you can shut down the noise.

When it comes to the putamen (See chapter: What about the Caudate-Putamen), we know for a fact that there was considerable research done a decade ago with the parahippocampal gyrus on the right side of the brain. When Ingo Swann was in remote viewing tests at Laurentian University here in Canada, they were picking it up clearly that when he was hitting the target with either a psychic or remote viewing target, the parahippocampal gyrus on the right side of the brain was lighting up, (See chapter on Remote Viewing).

Now, it doesn’t mean that that is what is causing it. It means that that is part of the process. And again, this is on the right side of the brain. So, what he’s doing is, he’s shutting down the left side of the brain, and he’s lighting up the right side of the brain, which is picking up the signal, and then he’s able to perceive the target. Also, what they found in this experiment, if the control group didn’t hit the target because they were not psychic, then the LEFT inferior frontal gyrus would light up. This is what the control group showed when they tried the experiment. So, we have these two different aspects that show that all different sections are lighting up:

> *National Institute of Mental Health and Neurosciences, in Bangalore - To our knowledge ... Ours is probably the first fMRI study to examine the neuroanatomical correlates of telepathy. fMRI offers methodological advantages of nonradioactive and non-invasive real-time imaging of the brain ... This study’s findings are suggestive of an association between telepathy and the right parahippocampal gyrus.*

Here's another study whose findings are suggestive of an association between telepathy and the right parahippocampal gyrus.

During these modern studies done at SRI with Garry Nolan and Kit Green and the work with experiencers, they have not brought up this right parahippocampal gyrus, but that doesn't mean this isn't happening. This study in Bangalore was done ten years ago, and Kit Green was actually part of this where they were going to run an experiment and put two people in MRI machines which were located in different countries. They were going to send a telepathic signal between the two people and see if both of their brains were going to light up at the same time to tell whether the signal was non-local.

Parietal Lobe Oneness Experience

FMRI scans have shown that the parietal lobe on the right side of long-term meditators and monks will quiet down. When this section of the brain is shut down, people report reaching the oneness experience.

The parietal lobe gives you the sense of being in 3D space. People who report experiencing oneness are discounted by those who say they are having an illusion of oneness. The fact is it's the other way around. It's when you shut off the illusion of 3D space then you suddenly realize that you are in oneness because you have shut off the noise of a 3D illusion.

Many studies have shown that monks are skilled at shutting down their brains through meditation.

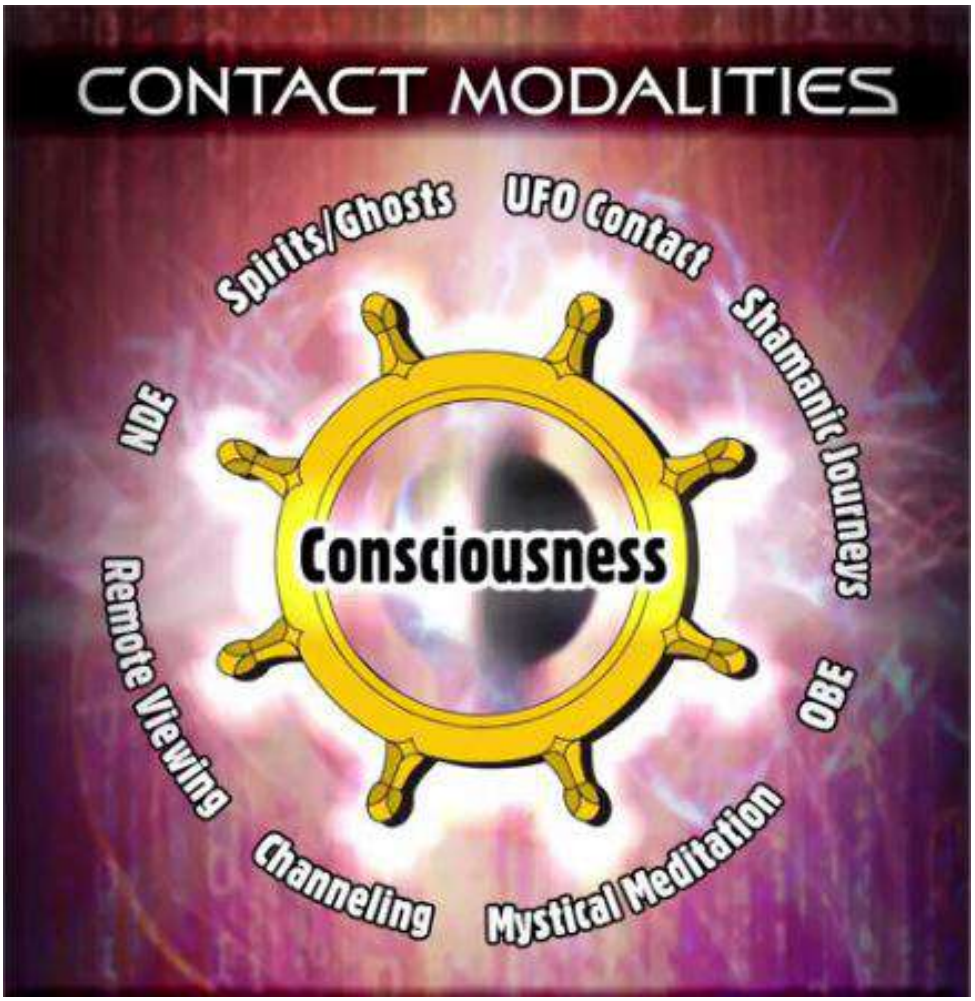
The results of the fMRI, at the University of Wisconsin, showed that the gamma signal from the control group's brains was very active. On the other hand, the long-term meditating monks' brains showed some of the highest gamma signals ever recorded in the brain. They were up to 80 or 100, where gamma starts at 25.

The monk's gamma patterns were not only very high, but they were able to maintain this long term. It is the meditator who is controlling the brain, and it's not the brain that's accidentally giving this signal. You need a long-term meditator who can give the signal to the brain. The observer is creating brain signals. He's making the brain do what he wants it to do. It's not the brain making the observer do these things.

"Interestingly, when these long-term mediators are studied while they are meditating on compassion, their level of gamma jumps 700 to 800 percent in a few seconds..."[63]

The same pattern is seen with people who are channeling. Experiments show sections of the brain quietened and a high gamma state where sections of the brain have been shut down. When channelers are tested, they appear to be in this 45-50 Hz signal gamma state. It's not that the person is sitting there pretending to be channeling, they are producing this gamma state brain signal.

THE CONTACT MODALITIES



I'm mind, I'm just consciousness…all of a sudden, I'm inside this big gigantic perceived to be a wheel. The wheel had perceived spokes inside each of the different spokes was a video. I intuitively knew what each one was. There were separate videos, and it turned out to be what our organization now calls the contact modalities. In one segment, there were near-death experiences. In another segment was out-of-body experiences. Another was UFO contact. Another one was shamanic hallucinogenic journeys. Another one was remote viewing. Another one was communication with ghosts and spirits…all the different ways that humans are piercing the veil and having contact with non-human intelligence. It wasn't a voice…It was like a knowingness. It was like I knew that. I know that. I know that. I know that. Then information - not a voice- came into my consciousness it says these all are just an example of all the different ways that humans are communicating with us. Humans are studying these items as separate and distinct phenomenon…but in essence, and it's one phenomenon because they're all interrelated. Humans are calling this glue, that's holding it all together, consciousness, but what is it, in reality, is the very fabric of our reality.

-Rey Hernandez explains his May 2013 experience

EASTERN MODALITIES

Meditation

EEG research conducted on meditators and channelers has revealed distinctive patterns of brain activation when such practitioners enter into altered states of consciousness (ASCs). In particular, there is a trend towards greater hemispheric synchronization, particularly in the alpha wave frequency range.
-John Klimo

I had a dream that felt like an admonition to me. I heard it so clearly: "The Tibetan Book of the Dead is correct. It's your job to prove it!"
-Quantum Physicist Amit Goswami

Neurology

- Increased right posterior gamma sources in subjects practicing visual meditations vs. increased right anterior gamma sources in meditative self-dissolution, and left central gamma sources in verbal-based mantra meditations.

- A recent fMRI study in long-term meditators similarly showed decreased activation of the cortical midline structures involved in the DMN during subjective experiences of mindful awareness, coupled with increased activation in somatosensory regions.
- Collaboration between Richard Davidson, a neuroscientist at the University of Wisconsin-Madison, and the Dalai Lama showed long-term meditating monks showing some of the highest gamma signals ever recorded in a brain and gamma states that existed even when the monk was not meditating.

- TM meditation EEG coherence increased in the alpha range, especially in the prefrontal cortex. This occurred for two months and then stayed there. Coherence in long term meditators can be all day instead of just during meditation as with novices.

The most popular form of contact modality that people talk about is meditation. This is the basic practice of quieting the brain to be able to tap into the field. More accurately, meditation quiets the left hemisphere. That is the side that represents the ego side of the brain, and it is the home of the mind chatter. Quieting that side allows the mind to stimulate the right-hand side of the brain and access the field.

Participating in an eight-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy, and stress.

A study in an issue of the journal, *Psychiatry Research: Neuroimaging*, showed that a team led by Harvard-affiliated researchers at Massachusetts General Hospital (MGH) reported the results of their study. It was the first to document meditation-produced changes over a short time in the brain's gray matter.

Consciousness Makes the Brain

In 2012, it was estimated that 8% of people in the United States meditated. As meditation is now all the rage, the number is much higher.

In the UFO world where I have been for 44 years, I would think that 100% of the people in a lecture would know what meditation is and had probably tried it at least once.

If I were to ask for 100 volunteers from any of those audiences for a meditation experiment, the test subjects would be lined up in minutes. The test would be simple. Meditate for 5 minutes.

There are two dozen different types of meditation, and a poll of the people should show a certain percentage would be doing loving-kindness, some mindfulness, some breath awareness, some Kundalini yoga, some Zen, and some Transcendental Meditation.

In each case, different parts of the brain will light up.

The question arises - How did each of the 100 brains know which meditation to do, as I did not specify?

The obvious answer is each individual made their own choice. Who is the individual?

The individual is the observer who is signaling the brain. The observer is the mind. The observer says I will do a loving-kindness meditation, then the brain gets the signal and performs like a circus animal.

The mind is telling the brain what to do, despite all the talk about how the brain is running the show. The brain does not tell the mind to meditate. The dog is wagging the tail.

Figure 3 Muse Headband

Here is a new mind toy that illustrates the point. This is a device I use all the time. It is called a MUSE headset that is designed to help with meditation.

This device was tested on monks and other meditators. It reads your brain waves and gives you real-time feedback on what it is recording.

If your brain is very active, and your attention is wandering, you will hear the sounds of rain. The louder the rain, the more distracted the mind is. To counter this, a person meditates or concentrates on their breath. This causes the brain signals to move from beta to alpha and then to theta. The

person will now hear the rain stopped, and it will get quiet. Now the mind is in its natural resting state. Attention isn't fluctuating, but there is also no deep focus present.

As the person deepens the meditation through a restful focus on the breath, the sound of chirping birds will start and continue as long as the calm focus remains.

Anyone who has used the device will tell you that getting birds is no easy task. You can carefully focus on the breath till you hear birds, get excited, and instantly be out of focus and back in the rain.

The Muse, and other devices like it, clearly show that the observer is in control of the brain and that getting the brain to do what you want is no easy task.

The meditator is doing the meditating. When you focus on mindfulness, loving-kindness, and choiceless awareness, the mind is giving instructions to the brain to, for example, shut down and reduce the functional connectivity in the modules that make up the default mode network.[64] The dog is wagging the tail despite people wanting to believe that 100 billion neurons had a giant random board meeting to decide what meditation to do.

When one decides to practice transcendental or Acem meditation (which involves repetition of a single sound) your mind will activate the DMN (default mode network), which is parts of the brain that respond to focused intention by showing lowered levels of activity. In each case, the mind is the dog wagging the tail/ brain.

Max Planck Institute Study

The Max Planck Institute for Human and Cognitive Brain Sciences in Leipzig, Germany did a ninety-day meditation study. In the study, they had 300 people new to meditation practices. They examined the effects of three different sets of cognitive exercises: 1) mindfulness-based attention and interception, 2) socio-affective skills (compassion, dealing with difficult emotions, and prosocial motivation), and 3) socio-cognitive skills (cognitive perspective-taking on self and others and metacognition).

Using MRI scans, it was found that "cortical thickness increased in four distinct regions of the brain associated with presence, affect, and perspective, respectively, and participants' responses to tasks shifted after undergoing the different training modules."[65]

This finding is extremely significant in light of the chicken/egg or brain/mind debate, as to which came first. Which is in control? Does the dog (observer) wag the tail (the brain), or does the tail wag the dog? In modern neurological literature, the predominant belief is that the tail wags the dog.

The Max Planck results appear to destroy the present belief because it seems apparent that the observer is making the brain meditate. This causes brain tissue to be formed (the mind causes the brain). There does not seem to be any feasible argument that the brain is causing the mind to meditate, or that the new brain tissue is forming randomly.

The Max Planck study also seems to negate the idea that genes build and control brain structure, as the meditation shows new brain structure forming in days, and the only factor that has changed is that the person is meditating.

Harvard Meditation Study

Another meditation study done at Harvard had meditators perform mindfulness exercises 27 minutes each day.

The Massachusetts General Hospital (MGH) investigators who conducted the study "found structural differences between the brains of experienced meditation practitioners and individuals with no history of meditation, observing thickening of the cerebral cortex in areas associated with attention and emotional integration.

The analysis of MR images, which focused on areas where meditation-associated differences were seen in earlier studies, found increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection."[66]

Mantras

Mantras are the repetition of a syllable, word, prayer, sound, or phrase. Uttering mantras can help distract your mind from its normal chatter. It can help calm you down as you focus on only one thought or word. It shuts down your left brain when you can successfully think of nothing except that word.

Some believe that it raises the vibration of the person doing it.

It falls into the same category as Sufi chanting, where they do a mantra called Zikr (or Dhikr). It is a key component. As the Sufi saying goes, "first you do the zikr, and then the zikr does you." (See also: Chanting).

Some examples of mantras include expressions such as Hare Krishna, AUM, the Gayatri mantra, Om Shanti, Om Namah Shivaya, and Sa Ta Na Ma.

Eye Gazing

Eye gazing has been used as a contact modality in many cultures over the ages. The Sufi mystic and poet Rumi believed that the eyes were the portal to your soul, and conscious gazing into the eyes of another would trigger a deep soul connection to that person. This practice can be conducted with a loved one, your guru, a friend, or a stranger. While reaching an expanded state of consciousness, eye gazing is known to dissolve barriers that separate us and can produce profound healing and dissolve blockages stored within us.

Eye gazing into a mirror can show you past lives you have lived or parallel realities you are experiencing.

Gazing into flame – Peruvian experiencer Ricardo Gonzalez teaches this technique.

Gazing at the tip of one's nose is a common practice in kundalini yoga. You aim to bring your focus inwards and send the rational brain for coffee.

Gazing into a crystal ball, reflective surfaces such as a still body of water, or looking into a chalice or shiny cup filled with liquid are all practices that can summon precognition or premonition. Fortune tellers also used this technique to see into the predict the future for their clients.

Black mirrors have been gazed upon for hundreds of years. Dr. John Dee used a piece of black obsidian he acquired from the Aztecs that was discovered in an archive of antiquities from Mexico.

Gazing at one point for a period of time with the eyes in a state of relaxed awareness (quietened left hemisphere) and then softening the gaze can be used as a technique to see people's auras.

Yoga/Qigong

Yoga is the journey of the self, through the self, and to the self.
-The Bhagavad Gita

Neurology

A study by Newberg and Dharma Singh Khalsa, M. D., the president and medical director of the Alzheimer's Research and Prevention Foundation and his colleagues, looked at the cerebral blood flow (CBF) levels in the frontal lobe regions of 15 subjects with memory impairment. Within only 8-weeks of practicing Kirtan Kriya (KK), these inexperienced meditators had significantly higher CBF levels in their frontal lobe and right superior parietal lobe than control subjects. This was associated with improvements in several memory tests as well as a significant improvement in fatigue and anxiety measures. The fact this all happened in two months illustrates that meditation can quickly change brain function.

A study done at Thomas Jefferson University found that if you do yoga and meditation at the same time, you will overload the signal to the temporal and parietal lobes, and they shut down. This is the point at which you can achieve the Samadhi experience and access a form of telepathy because you have shut down the noise altogether.

Experiencer John Burroughs was told by Kit Green to do Kripalu yoga and Vipassana meditation at the same time.

An internet search defines them as follows:

- Kripalu yoga: This style of yoga is challenging. It is physically demanding as it involves synchronizing breathing with a progressive and continuous series of postures - a process producing intense internal heat and a profuse, purifying sweat.

- Vipassana meditation: This meditation is observation-based. It is a self-exploratory journey focusing on the deep interconnection between the mind and body, through disciplined attention to the physical sensations

This running of the sympathetic nervous system (which activates the fight or flight response during a threat or perceived danger) at the same time as the parasympathetic nervous system (that restores the body to a state of calm) can cause enlightenment.

The Thomas Jefferson researchers suggested three to five minutes of aerobic exercise, such as running in place as fast as you can, followed by five to ten minutes of restful awareness to bring on sudden insight.[67]

The idea of overloading the two brain hemispheres with two opposing tasks is similar to what The Monroe Institute designed, which they called the Hemi-Sync process. This method involves using headphones where two different tones are played, one in each ear (binaural beats). This process was first discovered by German scientist Heinrich Wilhelm Dove in 1839. The two tones, in a way, overload the brain with a task that it cannot sort out immediately. A third tone is then created by the hemispheres of the brain, it is then synchronized, and that in some way helps disassociation of consciousness, and enhances the theta brainwave activity, making an out of body experience and other transcendent states more likely.

Breathing Techniques

In over ten years as director of programs at Esalen, I saw virtually every conceivable form of therapy and personal transformation, great and small. Grof's Holotropic Breathwork is by far the most powerful; there was no comparison.

-Richard Tarnas, Ph.D

Holotropic breathing is a technique developed by Dr. Stanislav Grof and his wife in the mid-1970s. Grof developed holotropic breathing as a means of simulating the psychedelic experience of LSD without the drug itself. The technique can produce mystical experiences and mimic near-death experiences.

They found many people when coming down from an LSD trip began rapid breathing to stay in that state. This combined with a study of how ancient societies attained these healing states. Grof got people to do the rapid breathing without even taking the LSD, and they found that this too was a way into this same altered state. The process involves breathing very fast for some time, from a few minutes to a few hours.

Grof discovered that the 'non-ordinary states of consciousness' that were developed with the technique had tremendous healing power.

This practice is similar to the ancient Indian pranayama breathing techniques.

Koans – Non-Sensible Anecdotes

In some eastern Zen Buddhist traditions, paradoxes are presented to the left brain, like bizarre problems or unsolvable enigmas to think about such as, *What's the sound of one hand clapping?* Another way it has been described is a way to break the brain.

These are called Zen koans. The 1700 of these that were developed give the left brain a problem to work on. It exhausts the analytic intellect and its egoistic will, priming the mind to permit an appropriate response on the intuitive level.

These Buddhist practices can lead to enlightenment, but they don't actually have an answer. That is the point. The crazy unsolvable questions fatigue the rational mind, which eventually shuts down to allow for an experience of enlightenment. Jacques Vallee wondered if the absurd elements of the UFO experience could be like a koan – allowing the witness to obtain a state of mind that is much different from normal waking consciousness. Could extraordinary encounters and experiences be a mass koan working on millions of people as NDE researcher, Kenneth Ring suggested in his book *The Omega: Near-Death Experiences, UFO Experiences, and Mind at Large?*

Nonsense

So, this means that nonsense is something in itself that we need to study and what I've found over the years from this is that it just people say that this course (on nonsense that Moody taught) just opens up whole new

departments of their mind that they never knew they had. They can then go on to use for their literary purposes for creativity, or to advance their spiritual state.

-Dr. Raymond Moody

In 2003 Raymond Moody, who created the term near-death experience, wrote a book called, *the Wisdom of Nonsense*. The promo for the book stated:

> *Ideas and creativity need to be allowed free expression by the expansion -or even the deconstruction- of linguistic structures. What is fascinating about Prof. Moody's work is his proposal to use the exercises in his workbook as a springboard into the world of the paranormal by training the mind to be receptive to the playfulness of nonsense and to the irrationality of this mysterious world that also comprises the art of divination. Can we really gain easier access to the paranormal when we allow nonsense into our life?*

In an interview with Moody Sandra Champlain talked about how she had been taught to use nonsense to put a person into an altered state very quickly when doing hypnosis:

> *I am thinking back, and I took a course on hypnotherapy back in the day. One of the tools we learned was nonsense and what we learned is how fast it put people in an altered state. In addition, I took a course where she had us going back and forth with nonsense saying things like purple cows drink ginger ale, over coffee in the morning. We went back and forth, and we were forced by doing this to be in the present moment.*

The key to nonsense would be that nonsense, like koans, rapid image cycling, meditation, and sigils, forces the rational analytical brain to be distracted by trying to solve the meaning of the nonsense. Then distracted and out of the way, the right brain can deliver the signal (information in the field) to the waking consciousness.

THE ALIEN MODALITIES

For all scientists to start working on the new paradigm like happened with Newtonian physics, it takes a long time. But there is another way where a group of people hangs onto a model that they are all happy with, and they are all finding new problems to work on within that model. For me, that model has been that consciousness is the ground of being, and now, lots of people are accepting that model. This is a great achievement. This change has happened in less than three generations. That's a tremendous achievement. Old paradigmers, like some of my colleagues from the U of Oregon physics department, will take a long time to change.

-Quantum Physicist Amit Goswami

I can discern a visible agenda of contact in what is happening. Over the past forty or so years, their involvement with us has not only been deepening, and it had been spreading rapidly through society. At least, this is how things appear. The truth may be that it is not their involvement that is increasing, but our perception that is becoming sharper.

-Whitley Strieber

The alien modalities may be the most important of all. This is because I believe it will be through the UFO phenomenon that many of the other modalities are confirmed as real.

The UFO reality and the aliens who go along with it will soon be disclosed and confirmed. People will eventually know that UFO accounts were accurate witness descriptions. People were not making up these stories. People were not crazy. Whether they turn out to be extraterrestrials is a whole different discussion.

For the last 70+ years, the skeptical left-brain interpreters' spokesmen have confidently declared, "I am skeptical. Prove it to me," when it comes to UFOs.

When the disclosure and confirmation come, a second debate will break out, and the skeptical left-brain interpreter types will draw a new line in the sand.

They will say, "Yes, there are UFOs and aliens, but it is still a random world made of little nuts and bolts. UFOs and aliens exist, but it is not connected to consciousness modalities."

The fact is that it is a world made of consciousness, not little nuts and bolts. Nothing shows this better than the reports made by the same people who told us that UFOs and aliens existed. They have also stated quite clearly that there is much more non-local stuff going on and that consciousness plays a major role in what UFOs are all about.

The skeptics will continue to challenge us and want proof of alien telepathy, people being taken out of their bodies, crafts being alive, people flying the craft with their minds. They will want hard facts about why such high numbers of witnesses are reporting ghosts and spirits, why one-quarter of all experiencers claim the aliens talked to them about reincarnation, why reports of half of the experiencers or their family members being healed, and why 47% saying they can heal others, and almost every experiencer reporting paranormal activities in their life.

The contact modalities will cause many skeptics sleepless nights as they will continue to double down on the denials to rescue a dying world view belief system.

The validation for the contact modalities will come very slowly. That is because Ufology and the study of the paranormal advance in the same way that science does – one funeral at a time.

UFO Sightings

Your idea that this, whatever it is, these crafts are a display, that they are putting on a show. It reminds me of something Bob Bigelow had said before in an interview. He was talking about the Utah ranch. It seems to be a performance or a display. The crafts are not necessarily there as a scout craft or here to pick up samples. It represents something else…

-George Knapp talking to Jacques Vallee

This craft is seen and it sort of – I don't know if it is pretending it is there and suddenly, oh gosh, you caught me red-handed. I better get out of here. It sort of seems like it is a play, a display, a performance, much like what was seen at the ranch. It seemed to be a phenomenon for our benefit to teach us something, or to get our attention.

-George Knapp

Did UFOs travel millions of miles to materialize from the starry haze of the universe, or did they sprout organically from the deepest recesses of our imaginations?

-Robert B. LeLieuvre

Some might question how a UFO sighting could be considered a CM, but it is. It is the intelligence behind the phenomenon, making contact with the witnesses on the ground.

Many researchers still consider a UFO sighting a random event, and before 1975 that was the solid understanding inside the UFO community.

Before 1975, the general understanding was that is someone claimed to see *One* UFO, you would be a bit unique and outside the box. If you saw a second UFO, you were considered completely crazy.

The thinking was that most people don't see UFOs, so if you see them, you are either very lucky or unlucky. Therefore, what are the chances that a person will see multiple UFOs?

Many still apply the one UFO rule to the Travis Walton case, which happened the same year as my first sighting, which was in Carmen, Manitoba.

People think Travis was lucky to see the UFO, then unlucky when it zapped him, causing injury and abduction. Most people still think Travis and his six-fellow logger-friends experienced a one-time event.

Anyone who has pushed Walton on whether or not there were other events in his life, or if he knows stories of the encounters the other members of the logging crew had, will start to realize there were other events. One of the reported events from one of the crew was so weird even Travis wondered if it was real.

Walton and the others are probably "lifers"[2], like every other UFO abductee. UFO sightings are not random events.

The new awareness that has developed is that there is nothing random about a UFO sighting. If you see a true UFO, you are part of the game, whatever that is. You were meant to see it.

Experiencers who undergo a regression will recount new events early in life where they saw a UFO in the sky or flying by, which they had completely forgotten. When asked about this in hypnosis, they will state it was related to bigger events that happened later.

Experiencers will also confirm that their events are not random. Under hypnosis, they will state the experience started very early in life and some recount pre-birth memories, or even past life associations with the intelligence.

Secondly, it is doubtful that UFOs are a random event because they have lights on them. Why do UFOs have lights on them? We don't have lights on our aircraft beyond small navigation lights. Do UFOs need lights on the craft to travel to interstellar space?

UFOs have lights on them so you can see them. That's why they left the lights on during the incursions inside the nuclear weapon storage areas at various SAC bases in 1975. They wanted the guards to see them and report it.

When a UFO abducts someone, no one sees anything. There are no reports of UFOs with lights in those cases. Therefore, if they want to cloak themselves, they can. If they can cloak themselves, then leaving the lights on is contact.

The message is, "Look up. Here we are. You may not be alone. Go and tell someone."

One other sighting of the millions that have been reported that clearly shows that the contact intended to send a message, was the 2004 *Nimitz* Carrier strike group encounter with a UFO that looked like a Tic-Tac.

The evidence for a message over just a random event included: 1) The object was there for over a week. It stayed there until F-18s finally chased it. 2) The object dropped in front of the witnesses from 28,000 feet to sea level in 0.74 seconds. There is no other reason to do this other than to show off. 3) The object really sent a message when after the chase, it suddenly disappeared and reappeared at the rendezvous point where the pilots were scheduled to link up.

Millions of people have told the story of seeing lights, and the rest is history.

One on One

Since 1952, there have been one-on-one, face-to-face contact with the intelligence behind the phenomena.

In the early days, the method of contact was to land, talk to individuals, take them for rides on the flying saucer, and provide messages

as to why they were making contact with Earth.

These contacts even included contact with Wilbert Smith, who ran the official Canadian flying saucer investigation "Project Magnet" and who participated in the other Canadian Defense study called "Project Second Storey."

Smith claimed to have received numerous direct or indirect messages, and even wrote a book called, *The New Science* which related some of the science he had been taught by what he called, "the boys topside."

Smith's encounter mirrors a modern-day story involving Joe Firmage.

Firmage was the former vice president of strategic planning for Novell's NetWare division and CEO of USWeb. Here is the dramatic one-on-one contact experience that led him to leave the computer world and pursues UFOs, advanced propulsion, and astrophysics. His new career path caused many to call him the Fox Mulder of Silicon Valley:

> *I was reading papers that, for the first time, clearly describe a way to engineer gravity. That is a revolutionary concept. One night after reading one of these papers, I went to sleep, and the next morning I had a rather unusual experience. I refer to it more like a near-death experience than an actual encounter because the being which I saw in my bedroom was more like an image than a tangible object. We had a very interesting conversation, and it was quite germane to the subject that I had been studying. It was halfway between sleep and awake.*
>
> *I had a conversation with this image, and he said, "Why have you bothered me?" He looked perplexed and bothered.*
>
> *I said, "Because I want to travel in space."*
>
> *He chuckled and said, "Why should you have that opportunity?" I said, "Because I am willing to die for it."*[68]

In 1961, the one-on-one CM took a big shift with the abduction of Betty and Barney Hill (see Chapter: Experiencers' Contacts). The Hill encounter seemed to shift the ET contacts from blonde human-types to greys, Reptilians, and Insectoid entities.

Some of the non-abduction, face-to-face contacts continued, and some of these clearly show that the ET actions are contacts to convey an awareness of them, and with some messages for humanity.

There are hundreds of stories. Here are a couple of the most dramatic contact experiences.

In 1994, there was a dramatic one-on-one contact at the Ariel School in Zimbabwe. It represents a prime example of a modality of contact that only took minutes, but is still being talked about in the UFO community twenty-five years later. The incident involved 62 children aged 7-15 as they played outside during recess.

Suddenly, a UFO landed just outside the school grounds in some trees but still in view of the children. A being was seen around the craft and on top of the craft.

The children stopped to watch, and some were receiving telepathic messages from the being. One of these children was Emily Trim, who was eight at the time.

She reported that she and her friend were running on logs that formed the boundary of the schoolyard.

Suddenly, she saw a flash out the corner of her eye, and the next thing she knew, there was a grey-type alien wearing a tight-fitting scuba-type outfit beside her. He was levitating and was imitating their bouncing movements as they ran on the logs.

In the next moment, the ET was right in front of them, and images were being downloaded into the two girls' heads at an incredibly fast rate. The information seemed to be coming from the ETs large black eyes. (Other children reported the same eye-message phenomena.)

Emily reported that the image that was flashing in her mind had to do with technology. The last one was a giant flash, but she did not interpret that as humans blowing themselves up. The basic message she got was, "You have the technology, but you can do better."

Her friend beside her was also getting images racing through her head, but her images had to do with our misuse of the environment.

Suddenly, the images stopped, and the ET was gone. Five years ago, Emily would re-encounter ETs in her kitchen back in Canada, and that encounter would really shake her world. She began painting, well over 100 paintings in the last report. The paintings are of the aliens and symbols that Emily states are very important.

So, why would ETs land in front of 62 school children in an area of the world that at the time had no TV or much contact with the world?

The appearance was a method of contact that took a couple of minutes and was very effective. It became almost what Dr. Rudy Schild would describe the contact modalities as – modern miracles.

This would not be the only incident where the ETs would land in schoolyards to be witnessed by young children whose stories would make it very believable. There are probably 20 such cases on record. In 1966, the Westall UFO Case occurred in Melbourne, Australia. A UFO landed at a school with 200 students, over 150+ watched the object or were near it as it sat on the ground behind the school.

Another example of a sighting that seemed to be a display to catch our attention was the March 1997, Phoenix Lights sighting. It is estimated that up to 10,000 people saw the object across the entire state of Arizona. It was so big that some witnesses could not see the width or length. The object, with six lights on its front edge, moved very slowly over Phoenix only a few feet off the ground.

If this was a real UFO, it would be a contact method. There is no alternate sensible reason to explain flying a craft that big, and that low, over a major metropolitan area, on a night when many were out to try and view the Hale-Bopp comet.

Who are the Aliens?

One-on-one contact with UFO occupants raises one important question related to consciousness that should be noted. Are the aliens physical beings like we think we are in this 3-D world?

Jim Semivan, the Vice-President of Operations for To the Star Academy of Arts and Sciences and former 25-year veteran of the CIA, had an encounter with beings in his bedroom in the early 1990s. His experience led him to question what we call reality, “Almost thirty years later, I am not sure what to make of my experience. What I do know, however, is that this event changed my view of what constitutes our collective view of reality.”

Over the years, I have talked to many experiencers who have had contact with one being or the other their entire life. I have asked many a simple question, “Did the alien you dealt with ever get any older?”

Never has anyone described the alien getting older. This is an important observation if we are to understand the intelligence behind the phenomena fully, but it has been ignored.

This fact was particularly conspicuous when I asked Betty Andreasson this question since she had her first encounter with her beings in 1944 as a seven-year-old girl. Now Betty is in her 80s, and the aliens have not gotten older.

Other experiencers such as Sherry Wilde, asked their alien if indeed, they were aliens. The answer was, No.

Many experiencers will describe what is called "screen imaging." The being will instantly change from one thing to another. There have been stories, for example, where a child was frightened by the alien, and the alien will suddenly turn into a doctor. Another example might be that the alien will screen image into another child, and later, the child will report having a new mysterious friend.

Finally, many experiencers have described the fact that the alien they encountered changed into something else or started as something else, for instance, a ball of light.

Israeli experiencer Yossi Ronan described how the beings departed him in his 1981 experience in Los Angeles:

> *They moved away from me to the edge of the room, moving quickly to each other, holding hands and moving in a spinning circle. As the rotation shifted, they changed and became more and more translucent, their contours began to fade, and the circle began to shrink and move inward to the center of the circle as a bright, uniform white light replaced them, the circle of light spinning at a tremendous speed narrowed to a tiny point of light and disappeared.*[69]

This would strongly indicate that the alien encounter may not be as physical as people think it is. It may be much more plastic, where consciousness is the building block, and as some have proposed, the physical world is nothing but a dream.

Experiencers' Contacts

> *A cohort of Brazilian subjects, claiming experiences with UFOs involving contact or abduction, were selected for topographic brain mapping. One of the most important selection criteria was the ability to*

enter into a self-reported, non-ordinary state of consciousness or trance that developed spontaneously after their abduction or contact experiences. Analysis of their EEGs revealed that all subjects entered voluntarily into a hyper-aroused trance. In this state, they maintained a condition of muscular relaxation and immobility while their EEGs exhibited high frequency (beta) activity at all 19 electrode sites, but with maximum activity at the prefrontal and adjacent loci.

Inspection of the EEGs from the prefrontal/frontal sites revealed intermittent trains of rhythmic, approximately 40 Hz activity, attaining very high amplitudes, at times exceeding 40 microvolts…Analysis of 40 Hz, midline scalp activity, statistically controlling for the effects of EMG, revealed significantly more 40 Hz activity in trance than in baseline ($p < .006$). Also, the dominant alpha frequency increased during trance ($p < .01$). Both EEG findings suggest the occurrence of a state of hyperarousal.

-Gilda Moura's topographic brain mapping of 13 UFO experiencers in Brazil

Since the first reported alien abduction of Betty and Barney Hill in the early 1960s, stories of similar experiences have been reported. Despite the claims of hoaxes and mental illness, neurological tests are commencing, and the results have some of the same markers as other contact modalities.

The number of people reporting such experiences has skyrocketed, and there was even a scientific study done on 6,000+ people who chose to come forward and answer a questionnaire with hundreds of questions.

The people in this category are known as experiencers. Some claim to have been abducted, and some report more of a contact experience.

What I'm calling the Experiencers' CM is one that is generated from outside waking consciousness. Some speculate it is extraterrestrial, and some believe it is inter-dimensional, or some sort of spiritual entities who are communicating.

The main group that has provided data on the experiencer contacts is the Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Experiences. The evidence produced in this study shows that UFOs link to all the other contact modalities.

Once the statistics were calculated, it was found that people having UFO encounters are also having many of the other contact modalities. The

ones listed, based on those who answered the question in the study, include:

-37% had near-death experiences (7x the national average)

-42% had advanced physics, technical, or scientific material in their heads that they did not learn in school

-80% of those who reported close encounters with a UFO had previous out-of-the-body experiences the (the national average is 10%)[70]

-50% stated they were placed in some Matrix-type reality (not in a perceived physical space such as Earth, another planet or on a ship)

-78% reported "some telepathic or thought transference or direct knowing from a non-human intelligence (NHI)." (70.4% of those respondents said the NHI was not even present)

-76% reported having previously seen a ghost or spirit

-61% reported materialization and apportations (things mysteriously moving from place to place) phenomena around themselves or their families.

-46% reported having had contact with what could be referred to as the "spirit world."

-58% reported they were more psychic than before contact -64% reported they now experience precognitive events

-28% reported they could now channel from another dimension[71]

Some of these contactees have been closely watched by elements of the United States government. That is because they are interacting with the intelligence behind the UFOs. They are the point of contact for the phenomenon.

As mentioned in the chapter on the caudate-putamen, there is now a neurological study of 105 experiencers that is probably funded by the Department of Defense.

As quoted in the introduction, there are a series of neurological tests that have been performed on experiencers in Brazil, that are producing some interesting results that show there is a unique brain signal unique to experiencers.

Gilda Moura, the person in charge of the study, even indicated that the experiencers had unique neurological attributes not found in other contact modalities. "They evidenced advanced stages of hyperaroused trance," said Moura, "not found in Brazilian mystics and rare even among experienced yogi meditators from India."[72]

Many of the experiencers have had numerous sightings, and because of the prevalence of cell phones today, many photos and videos have been captured. The government seems very interested in this evidence as well, and so they watch famous experiencers such as Whitley Strieber, John Burroughs, or Chris Bledsoe.

If the government wants to know what is going on, the only way to find out is to watch or talk to these contactees.

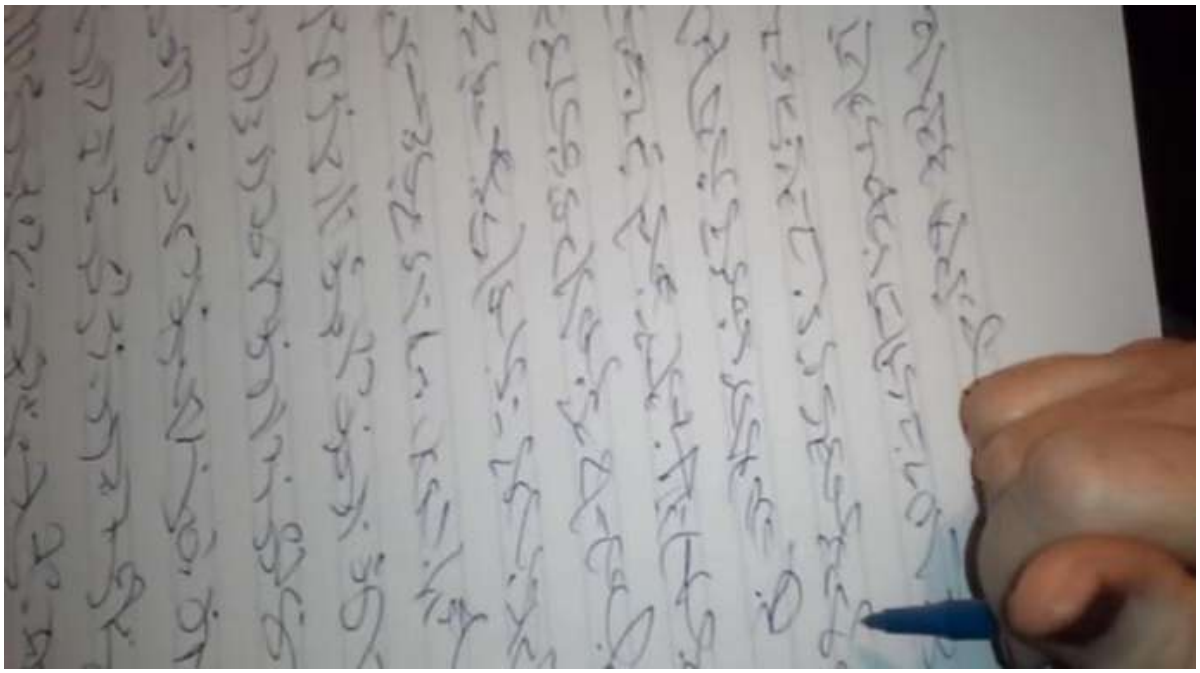
What are some of the many messages in the contact?

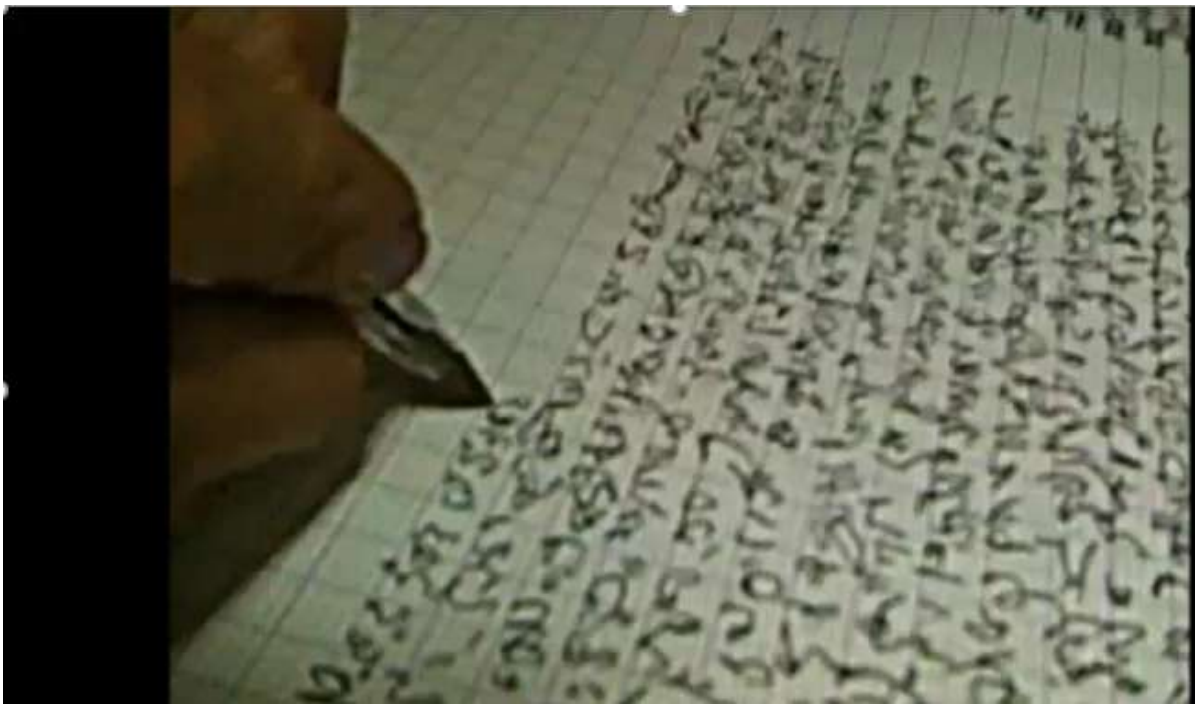
-54% given the message of love and Oneness
-41% given messages by ETs about the Earth
-45% concern with humanity's behavior
-39% given an environmental message
-32% about future Earth catastrophe or depopulation of humanity (9% told when)
-30% about the concept of time
-31% about the concept of God
-26% about reincarnation
-26% about the ETs upgrading our DNA

Because of the direct interactions with the UFO intelligence, and the fact that these contactees are being given messages, it is safe to say that these experiencers represent the CM to interact with the phenomenon and to understand it and why it is here in our waking consciousness.

Light Language

Light Language is a newer type of contact experience where people are able to communicate in different alien languages. I do not recall this type of event being reported even 10-years ago. The various languages being spoken are all generally thrown into the overall category of light languages.





A number of interviews have been done with people who speak the language and a couple of patterns appeared:

- Some can sing it only
- Some can both sing and write it

- Most speak more than one language and some speak up to 20 different light languages
- Most do not know what they are writing but believe that the language is more than words. Some of the symbols represent emotion or activations for the person's DNA
- Some believe that even if the paper is destroyed the message remains
- Many who speak it also have orbs flying around them when they are doing it

What is especially strange about this language phenomenon is that numerous children can speak it. Most of the kids on record have been researched by UFO researcher Mary Rodwell in Australia.

My impression is that this is something real, more common than some people believe, and probably more important. An idea came to me when I had Mary Rodwell speak to a UFO group which I started in Winnipeg, Manitoba.

During my questioning of Rodwell, I asked her to play audio clips of the children she knew speaking light languages.

As she was playing it, I was looking around the room of about 40 people and noticed something stunning. Three of the people were reacting as if they understood the children. I asked all three, and to some degree, they did comprehend what the children were saying.

Rodwell believes that this new language is tied into a new generation of children who are working with the UFO intelligence to help shift the Earth to a new state of consciousness. These children are often referred to in the UFO research world as Star Children, Indigo Children, or Crystal Children.

This is a new addition to the UFO story.

A proposal was made to have light language speakers be tested by Andrew Newberg, M.D. at the Marcus Institute of Integrative Health at Thomas Jefferson University.

Newberg had previously done PET scans and MRIs of people while they pray, meditate, practice mediumship, or other modalities we look at in this book.

Newberg was interested in the idea of testing people speaking in light languages but stated the cost would be something that would have to be overcome. The use of PET scans, according to Newberg, would probably

cost “$50,000, and then, there would be the cost of getting the participants there and whether they would be reimbursed for travel.”

Crop Circles

Crop circles are a new CM, which only started in 1983.

It started with a message that came over the TV in Southern Britain (see chapter: Radio/Phone/TV/Film). It grew into a highly visual story that most everyone in the world now knows about.

The reason we are putting down crop circles as a CM is that the intelligence behind the circles is contacting us. They are giving us messages with right-brain pictograms and symbols.

They could land on the White House lawn and give us a left-brain verbal account of who they are and why they are here. They have chosen not to do this. They have chosen to use crop circles to catch our attention and make us wonder how anyone could produce such complex grain structures so quickly and often in the dark.

This contact modality angle was known right at the very beginning of the mystery in 1983. Colin Andrews, who came up with the term crop circle, said the following:

> *Bizarre experiences have taken place since the small original team started research in the late 70s – The first was photographed in 1979. The first research team reported many strange synchronicities and feelings that something knew what they were doing or saying – A trickster kind of energy. Pat Delgado, Dr. Terence Meaden, Busty Taylor, and myself all had experiences throughout.*[73]

They want us to go, Wow, to wonder, and to think. In doing this form of contact, they have caught the attention of the whole world and started a major tourist industry in the UK.

There are many stories of messages coming through the circles, but the most interesting to me was the one that was found in a 2002 crop circle that appeared at Crabwood, England. Colin Andrews, the foremost crop circle authority, wrote, "We should not forget the message. It is consistent with those received by a whole spectrum of other unexplained phenomena."

The message read:

"Beware the bearers of FALSE gifts & their BROKEN PROMISES. Much PAIN but still time. (Damaged Word). There is GOOD out there. We Oppose DECEPTION. Conduit CLOSING (BELL SOUND)."

The significant thing to me about this crop formation is the alien. When I was in North Carolina visiting my experiencer-friend Chris Bledsoe, he brought two paintings out of storage of the "Guardian" beings that he had encountered. The one looked very familiar. A few months later, I suddenly realized the Guardian was the alien in the Crabwood formation.

There are also reports of those that had visited the crop circles, had their minds altered with the left brain being inhibited and the right brain being enabled, just as in other CMs. As of 2009, Lucy Pringle had done 11 years of controlled brain activity tests on people who had entered the crop circles which showed:

> *There's a fantastic pool to the right cortex of the brain - the right side of the brain. When people go into genuine crop circles this is the emotional side of the brain- the emotional, intuitive, imaginative, creative side and men find a terrific problem with this because certainly in England - you know stiff-upper-lip and everything, and for them to suddenly burst into tears and disintegrate and have these overwhelming emotions can be profoundly disturbing.*[74]
>
> *The Japanese were also testing the brains of crop circle visitors:*
>
> *Visitors to crop formations often report an inability to perform analytical or left-brain functions properly. Several Japanese scientists who've conducted monitored EEG tests inside crop circles show how there is a tendency for the intuitive or right brain to be far more active in people when they are within the space of a crop circle.*[75]

Alien Abduction

> *If a UFO did land and invite me on board, I'd love to have the balls to go in. So, I search the skies for extra testicles.*
>
> **-Kelli Jae Baeli, Bettered by a Dead Crustacean**

Alien abduction is a face-to-face CM with the intelligence behind the UFO phenomena. Despite what people believe, this has only been going on for the last fifty years. People can point to one or two cases in pre-abduction history, but the stories usually need a lot of bending and twisting to make them fit the pattern.

It often starts with a lot of fear, and according to some explanations by the being, this has to do with us and how we perceive things.

The Foundation for Research into Extraterrestrial and Extraordinary Experiences (FREE study) states that 39% of experiencers were on the ship, and they were shown on the screen. It is a very powerful event, and for the experiencers who have seen it, you do not have to explain what the screen is. All you have to do is ask, "Did you see the screen?" Those who have seen it know exactly what you are talking about.

When asked why they are being shown the screen, most reply that they think they are having their emotions tested. I think that the aliens already know about our emotions. They aren't quite that stupid.

The screen runs a movie of horrible images of the world being destroyed by flood, fire, ecological disasters, or nuclear annihilation.

Most experiencers do not fully believe what they see on the screen will come to fruition, so this may be a dissociation tool. A huge portion of experiencers are psychic, they are healers, and they have all different types of other PSI abilities.

The aliens may be doing this kind of traumatic thing to lead the experiencer into a state where they can dissociate and tap into the field. The screen may also be there to get across a message of what might happen if we continue on our present path.

Information about these abduction experiences can be seen in the FREE survey. The data that was obtained was opposed to the types of unresearched claims about alien abductions that are all over the internet.

One of the most significant differences has to do with the idea that these experiences destroy lives, and are the work of evil aliens.

It was this uninformed opinion that led to Tom DeLonge making the statement, "UFOs are bad news." He went on to talk about evil aliens who probably didn't have souls, and hinted at using nuclear weapon EMP technology to take down the "little ankle-biters."

The actual statistics show that only 9% of those who have had encounters thought the alien experience was evil. The group that ranked highest in the survey were that were identified as being the 'bad guys' were the Reptilians.

To find out why the Reptilians were seen as evil, people who gave that reply were asked in phase three of the study how they came to that conclusion. According to Rey Hernandez, the main reason people replied that way is that they were scared to death when faced with an eight-foot-tall alligator-type being. That was it. There was nothing else.

The other elements that appeared in the survey and not on the internet were all the positive aspects of the abduction experience. Many saw it in a negative light when they had their first encounter, but the survey showed that the more contacts they had, the more positive their experiences were viewed.

The most important information coming out of alien abductions has to do with the life-long description of the being. I have talked to many experiencers and some who have dealt with the same alien for 75 years. In that time, I have NEVER had an experiencer report to me that the alien ever seemed to age.

Moreover, many described the being coming or leaving in a ball of light. This leads to the question of whether or not the being is physical.

I posed the question of the alien not getting older to Israeli experiencer Yossi Ronan. Here is what the beings told him about what they are, which coincides with the lack of change in the alien being. It also indicates, if true, that we have very little idea about perception and true reality:

> *The way you see us is defined by you. We look as you see us, as a result of sharing your way of perceiving our existence, but we do not have a definite form.*
>
> *In time you will be able to understand that there can be a non-formed essence that is defined in terms of your perception as a human. And that essence can look to you defined only when your physical perception participates to some extent in shaping that essence, and subordinate it to your choice.*
>
> *When we visit your world, we temporarily have a physical body defined in a certain way, but it is not the only form or our original essence. In our dimension, there is no need for a physical body defined in a particular way as in yours.*
>
> *You share the definitions of reality that are given to you, but you are not yet aware of it.*[76]

Metamaterials

*I can't say for sure, but I have a hunch that behind the scenes…looking at debris that they probably still have in a warehouse, going 'we have no f*****g clue how to make this or back engineer this stuff.'*

-Tom DeLonge

Metamaterials, as defined in the UFO world, are materials that are beyond our presently known technologies. Metamaterials are a material engineered to have a property that is not found in naturally occurring materials. In the UFO world, that is interpreted as maybe made off-planet by non-human intelligence.

There have been dozens of these pieces recovered over the years. They are all small fragments and made of every metal imaginable.

Many of the metamaterial cases occur in an almost comical-staged performance, falling out of the sky, or being dropped by a UFO that appears to be crashing

An example is the very first prominent UFO sighting, which occurred three days before the Kenneth Arnold sighting in June 1947. The story reads like a bizarre science fiction play.

Two men were working that day in Puget Sound, WA to capture breakaway logs from jams that were being moved to a nearby sawmill. Harold Dahl, one of the men working on a barge, saw six doughnut-shaped objects with portholes, made of some reflective metal, two thousand feet up in the sky above his barge. The objects were 100 feet wide with 25-foot donut holes in the middle.

Five of the craft circled over a sixth object, which dropped slowly until it was 500 feet over the water. Afraid that his boat was going to be hit, Dahl made for shore.

The lower craft hovered for five minutes until one of the higher crafts moved down and touched the lower craft. That went on for a few minutes and had everyone's attention on the ground. Suddenly, thousands of pieces of what appeared to be newspaper dropped from the inside of the center ship.

Most of the debris landed in the bay, and Dahl recovered a few white lightweight pieces of metal, along with what was estimated to be about twenty tons of dark, lava-like metal. It was hot and caused steam when it hit the water. Some debris hit his son on the arm, burning him, and another piece killed his dog.

If that isn't weird enough, the next morning, Dahl ran into a man in black, who told him exactly what had occurred and warned him that bad things would happen to him and his family if he talked about it. Then the second witness, Fred Crisman, went back to the site days later to recover some of the lava rock, and the UFOs were there, seemingly watching him.

Whatever happened that day in the bay, it certainly does not appear to be six random UFOs that were passing by, and then after a bizarre ballet in the sky, decided to rain down tons of metal on the people watching.

The bizarre bay encounter that lasted for days would be repeated time and time again dropping metal in front of people in different places around the world. It would be a contact theatre experience that would be repeated in many books and documentaries.

The men in black experience would also be reported by hundreds if not thousands of witnesses around the world where strange people dressed 20 to 30 years out-of-date would appear to witnesses and warn them not to talk. Just like the dropping-metal circus, these mysterious stories would get told over and over, only to be replaced in the last few years by mysterious helicopters that fly-by over the experiencer's house the day after each contact.

Along with the strange stories about how the metal is falling from the sky comes the strange compositions and structures of these pieces. It is not surprising that the composition would be strange, as who would continue to pay attention if it was just plain ordinary metal. Some pieces have a strange layering of metals that don't bind together in nature, or metals where some isotopes have been taken out, and new ones added.

The strange, falling metal, men in black, and strange metal compositions, become almost like the UFO cattle mutilations. They are contact modalities intended to grab our attention. Why are cattle mutilations bloodless? They are bloodless because it would not be a very effective CM if no one paid attention.

Why do the mutilators take out a 9-inch by 11-inch heart from a cow without making an excision in the chest and cutting through the pericardium surrounding the heart? Surely, this action is not necessary for a genetic hybrid program. It's not a very effective CM unless you do something that gets our attention. The heart trick makes contact and gets attention.

Why is the smallest bone in the ear of the cow taken? Do they need that for the secret alien hybrid program as well? This CM demands that people think, "What the hell is going on?"

That is what happened to me. I was at the home of the experiencer, Chris Bledsoe. Looking back, it appeared the intelligence was letting

Chris's three dogs into the house by opening the door. It happened three times.

I chose to believe it was just chance. I thought Chris forgot to close the door. They did not get my attention. The next time I was at the house days later, within minutes, Nellie the dog, had blood shooting out her neck all over me and no one else. Did that contact get my attention? Absolutely!

I believe the metals that the UFOs have been dropping for decades are a CM. It is simply another way for them to make contact. It gives us the idea that something is unusual and we should perhaps pay attention.

Their crafts aren't breaking down. Pieces of the flying saucer did not start to fall off after a long successful trip across the universe.

They are getting us interested and hooked to know more about them. This is a form of contact. These things may be bizarre, but they are a way of messaging us; they are more like apports.

Dr. Diana Pasulka pointed out in her book *American Cosmic* that the metal she and others found at a New Mexico UFO crash site may have been planted and that it carried a message. She wrote:

> *The artifact I had found with James and Tyler, or that was perhaps planted for me to find, was analyzed by research scientists, who concluded that it was so anomalous as to be incomprehensible…One scientist explained it to me in this way: 'It could not have been made in this universe.'*[77]

James, whose Stanford Lab would do some of the analysis, also considered that the metal might be a "donation." Pasulka wrote, "James said that if the parts came from a crashed nonhuman vehicle of sorts, then it was a gift or donation for us to figure out."[78]

Figure 4 A piece of mysterious metal from the 'gifting field' where Tyler D took James and Diana Pasulka.

That would make it a CM wrapped up like a Christmas present. It makes much more sense than a flying saucer suddenly having little pieces falling off.

In a lecture I give called, “The Theory of WOW,” I propose that all the UFO modalities may be part of a school science project on some alien planet.

In this hypothetical scenario, the teacher announced that we had found a planet that has just discovered nuclear power and weapons. They are in grave trouble unless we can get their attention to deliver a message that they are about to destroy themselves. Then the teacher asks the children what they should do:

Grade 1 – proposes flying ships around with lights flashing. Have every craft use different light patterns. Ships suit the time period, such as the mysterious ships of the 1890s made of wood with giant propellers.

Grade 2 – proposes making strange unexplainable patterns in fields of grain that can be seen and photographed, and that people will place in books, TV shows, and on the front of magazines. Also, create landing areas where the grass is burned, and tripod marks are left as evidence.

Grade 3 – proposes landing the ships and talking to people dressed up like alien travelers, balls of light, mysterious men in black, or grey aliens

trying to save their planet. The meeting will be short so that no one can get direct evidence.

Grade 4 – proposes grabbing people from their beds and taking them aboard the ship. Let some of them fly the ship so they can learn the power of the mind. Let them remember, but only a bit of what happened, so they will want to form groups to try and figure out how all their stories fit together.

Grade 5 – proposes cattle mutilations of the contaminated areas downwind from nuclear power plants and atomic, above-ground testing sites. Take unusual parts from the cow and all the blood to make people curious.

Grade 6 - proposes creating poltergeist manifestation and apportation phenomena as a messaging modality.

The notion sounds crazy, but that is what appears to be going on. The more you look at the UFO phenomena, the more it looks like no more than messaging. The intelligence has made contact, and this is the way they have chosen to communicate.

Apports

Category AN2 - Anomalies with lasting physical effects, such as some poltergeist phenomena, apports (materialized objects), and areas of flattened grass.

-From one of Jacques Vallee's classifications of UFO anomalies

Apports or apportations, at first glance, seem to fall into the same category as small pieces of metals falling off or being shot out of UFOs. They probably are closely related.

The difference with the apport phenomenon is that it also included apported objects from what appears to be other non-UFO sources such as spirits and dead people.

An apport is an object that has been moved (apported) from one location to another through some paranormal means. The FREE Foundation staff asked in their survey about these with the question, "Have material objects ever fallen or suddenly moved around you or other members of your

family without any reasonable explanation?" 61% of the people answering said, Yes.

Uri Geller, who had an encounter with ETs when he was a child, and who he gives credit to for his powers, wrote about the many apport experiences that have happened around him, *"Sometimes the object does not reappear but simply vanishes within a closed capsule, and sometimes an object appears from an unknown previous location; this has been described as an apport."*[79]

Then there are materializations/manifestations, where unique objects drop out of nowhere. Although they are materializations, they are sometimes misidentified as apports. The difference is that apports are Earth objects being moved, and materializations are unique objects materializing from somewhere else.

The FREE survey asked about these as well with the question, "Have material objects appeared right in front of you and other members of your family?" 25% of those replying said, Yes.

Many Hindu-Yogis have been known to materialize objects for their followers. Sathya Sai Baba was reported to turn a flower bud into a diamond for a disciple.

The Indian guru had American author Roy Eugene Davis come out to investigate him, and Sai Baba manifested for him a ring and a photo of the Yogi upon request. His manifestations also included candy, jewelry, some trinkets he sold in his gift shop, and sacred ash.

In 2018, a documentary on the paranormal Skinwalker Ranch was released by Jeremy Corbell.[80]

In the *Hunt for the Skinwalker*, Jeremy talked about some of the apport phenomena that they were witnessing on the ranch, although they linked it to a curse they believed was placed on the area, rather than apports that happen all the time in the UFO and paranormal world.

Here are four of dozens of incidents of apport phenomena at the ranch:

1. The wife of the ranch owner, Gorman, comes home with a couple of bags of groceries. She puts them all away and then goes into another part of the house. She returns to the kitchen, and all the groceries are back in the bags.

2. The same woman goes and takes a shower. She takes in a towel and brush, locking the door to the bathroom. She gets out of the shower, and both the towel and the brush are gone. Later she finds the brush in the freezer, (apports often reappear in really weird places).
3. The third incident occurs when the owner becomes concerned for four prize-bulls he owns because of all the weird poltergeist-type things happening. He runs out to the corral to check on the four bulls, and they are gone. He looks around for them and sees a locked trailer near the corral. He wonders if they might somehow be in the trailer, so he goes, removes the locked padlock, and opens the trailer door. There are the four bulls packed tightly into the trailer.
4. Gorman was working with a post digger in the large field, and the family decided to go to the house for a lunch break. After lunch, Gorman discovered the post digger was gone. He and the family searched the area thoroughly for the post digger but found nothing. Eventually, after a day, they went out and bought a replacement. Suddenly Gorman spotted his old post digger 12-feet off the ground in an elm tree. The digger had been carefully placed leaning on a branch and wedged against the trunk of the tree. It would have been impossible for anyone to throw the post digger up the tree.

That is a CM on steroids, and that is probably why there was a rumor that the DIA went to investigate the Skinwalker Ranch. It was not for the UFOs, but to understand the apport phenomenon being reported. What government wouldn't love to have their intelligence people learn to make things appear and disappear?

In August 2018, a power-point appeared on the website of Chris Mellon from the TTSA. One of the slides talked about the importance of this apport type of phenomena seen at Skinwalker:

> *The scenario exists for an enemy of the United States to manipulate both physical and cognitive environments to penetrate US facilities, influence decision-makers, and compromise national security…- Psychotronic weapons… Penetration of solid surfaces…*

That may be why the DIA was watching the USSR in 1975 and the research that they were doing on apports. As the DIA understood the phenomena, it was, “a form of astral projection in which the psychic subject transports his “energy body” to a remote site, dematerializes object, then transports it back and materializes it.”[81]

The report went on to say, “Lack of information on Soviet interest in the technique represents a major intelligence gap.”

Of all the apport CM stories I could tell, let me communicate two.

The first story goes back decades to the remote viewing program run by the CIA out of the Stanford Research Institute at the time when Uri Geller and Ingo Swann were being tested there.

The scientists were very interested in the apport phenomena, except they called it psychokinesis (PK). There were several PK stories.

When many hear Uri Geller’s name, their left-brain interpreter goes into overdrive. They become skeptical and don’t even view the evidence.

The two or the three incidents at SRI happened when Geller was not even in the room. They involve a box of pins and cuff links that Apollo-14 astronaut, Edgar Mitchell lost in Houston long before he met Geller. They fell behind him and Hal Puthoff in the lab.

There was a “silver miniature hunting arrow mounted over the silver image of a longhorn sheep,” which was in Geller’s ice cream at lunch, and the matching “tie bar that fell on the tile hallway floor,” and another tie pin given by his brother. All three appeared within 30 minutes.

The second story of apports is one I was involved in, and it was much more complex than a couple of pins falling in the SRI laboratory.

I was attending Paola Harris’s StarworksUSA conference in Laughlin, Nevada, in November 2018. I was there a couple of days early.

I had been in a conversation with Rey Hernandez from the FREE foundation a few weeks earlier, and he was talking about an experiencer he knew who had shelves full of manifestations that had dropped out of nowhere.

Sitting in the hotel, I suddenly got the insight that the metals that were being recovered around the world in connection to UFOs might be manifestations like the phenomena at Skinwalker Ranch.

As I started to research, I came across the fact that apports and manifestations were attached to many paranormal phenomena, and that the famous parapsychologist Stanley Krippner had donated a collection of

apports and manifestations he had researched to the University of Manitoba where I have gone to school, worked, and researched for almost 50 years.

That implausible synchronicity got me excited as a couple of days earlier, and I didn't know what an apport was. The synchronicities were about to go off the scale.

The first thing that happened as I arrived at the conference was getting a message that some guy, Tony from England, had come to the conference to see me, and he had some photos he wanted to show me. Apparently, for the last 18 months, he had seen low flying helicopters and UFOs almost on a daily basis.

I ignored the request, as I am not into UFO photos, but I was being pressured by both my assistant Desta Barnabe and Paola Harris to meet with Tony.

I finally agreed and asked Tony to come up to my room so I could videotape an interview with him. I asked no questions about the photos but I did ask him why he wanted to see me. Like others, he related that he believed there was a conscious link to the UFO phenomena. When he went searching for more information, my name popped up.

As I was on a new apport and manifestation kick, I threw out the question, "Tony, have you ever had things that just appear, move around, or fall out of the sky?" That is when the story of perhaps the most outlandish apport/manifestation stories started.

Tony said, "Yes," he had. It was a series of these events that convinced him to go to this, his first UFO conference, and leave the UK for the first time, even though he was very sick.

The first story he told was a story about poltergeist happenings that many experiencers can also relate to. He mentioned that his wife had seen the car keys fly across the kitchen as she was cooking. Then there were doors slamming, and his wife at one point found his son in the crib stuck between the plastic cover and the mattress.

The second story is where it got really weird and started to involve me.

He saw the UFOs in his back garden, and when he had the association between me, the conference, and consciousness, the first feather appeared. He was walking out through the patio door to the garden, and the first feather fell:

> *This is odd. There was a feather. It floated down in front of me just as I walked out the patio door. It landed just in front of me.*

I didn't think much of it, although I kind of thought, okay, is that associated?

The next day, the same thing again. Four days in a row, a feather floats down in front of me.

There was another one that came into play that I don't think was a feather, but it appeared like a feather. I knew I had to go to Vegas, and I explained it to my wife. She believed in what I was seeing…she couldn't get over why I had to go to Vegas. I am a family man. I've got two kids, and \I just want to take off and go to Vegas? …I said as much as I love you, I am going to go. I think this is bigger than me…what happened is I got confirmation.

I went into the garden, my little spiritual home if you like. It was the middle of the day, and I was telepathically talking to whatever it is that's there, and I said, please give me a sign that I have to go to Vegas. If I need to show me a sign.

Low and behold, within seconds, I look up above the house, and I see a feather coming from the left. It was a big feather (indicates about 18 inches). It floats across the neighbor's rooftop. It comes to my rooftop and stops.

I look at it and say, "Thank you."

It takes off and goes straight ahead and up and away.

Now I told my wife, and she still would not have it. "There are feathers everywhere," she says.

I was even talking to them, saying, "Help me out. Give me a break. If you want me to go to Vegas, convince the wife."

Two weeks ago, after I had already secretly booked the hotel, she comes home from work, and she's all up for it. She changed her tune completely. I said, "what's going on?" and she said, "I'll tell you later."

So, after the kids go to bed. She comes down, and she tells me that she went to work, and she asked them. She did the same, asking for confirmation… she said, "I asked to see a feather," and it happened as she was walking to the station. She saw a feather. She thought to herself, "come on, Julia, it's just a feather, they are everywhere."

She gets off the train in London, and she is walking over London Bridge. She says, "you don't see feathers on London Bridge." So, she is walking over London Bridge, and she asks to see a feather again.

She gets to the end of the bridge, and before she gets off it, a feather comes down and lands next to her… It gets crazier.

On the way home, she is on the train, and again she does the thought and says, "Ok, show me lots of feathers. I want to see loads of feathers."

She gets to the station, and as the doors open, what's there? There is a bush with feathers – hundreds of them – stuck to this bush. She said she couldn't count them. As she told me, my heart is going fast as I now know she also has an experience.

Then she does it again the next day. She works from home two days a week. It's a sunny day, and she is sitting at her desk. The patio doors are open about 12 inches. She is sitting there doing her work. She looks up and says, "Show me a feather."

Low and behold, she looks out, and a feather floated down. Not only that, but it also comes in the (patio door) gap and lands next to her.

That blew me away even though I had experienced much crazier things than that. It was like a double whammy confirmation about coming to Vegas.

I gave my lecture and told the audience about my discovery of the CM of apports. It was the first time I talked about it publicly, and I couldn't recall ever hearing anyone else ever mention it.

As I left the stage, UK researcher Steve Mera stopped me and said I had stolen part of his lecture. He too was going to talk about apports, which he did. The apports he and his team had researched dealt with poltergeist-active homes. He talked about cups that had been moved, and the apportation of coins that would appear in the middle of the floor heads up.

The next lecture up was by The Navajo Rangers or the Paranormal Rangers, who investigate paranormal and UFO incidents on native land. I was dozing off when I hear them say, "64 coins were all laying heads up". They, too, were talking about apports. It had been in this field for 44 years without noticing anyone speaking of this, and now, here are three lectures in a few short hours.

As I was leaving the room, I was stopped by Rob Baldwin, who works the door at many conferences. He asked to speak to me. He, too, had a dramatic close encounter when he was young with a craft on the ground and wanted to tell me about his apport experiences. They were all dimes. They were all heads up. I asked how many, and he said 'maybe forty.' He added that Bob Brown, who had run the very successful UFO Congress for years, also had experiences with dimes.

As the conference ended, I was sitting at the front door of the casino. People were saying goodbye, and here comes Paola Harris walking up with a huge feather on her t-shirt. I mentioned the synchronicity. She said she had bought it in Italy and had no real reason to have brought it.

I left the conference, and the feather story continued. As soon as I got to Tucson, I heard that four of the five UK people who attended the conference all had a feather experience as they were waiting for the shuttle to take them to the Las Vegas airport.

One of those was Annalisa Arnold. I contacted her, and she confirmed the rumor:

> *We were just loading up the car," she told me. "We were taking pictures and saying goodbye. We went to drive out of the hotel, and a feather just came down slowly next to the car. We went Okay… We thought, Birds fly around, and their feathers fall out. It's just a coincidence, we thought, but then as we drove out of the parking lot, the hotel billboard was all feathers.*

Steve Mera was one of the other witnesses. He laughed when I asked him:

> *Yes, coincidences, coincidences. I came outside to get some fresh air, and I am talking with several people and my partner, Jackie. A small white feather drops (moving from side to side). It is literally a foot in front of my face. There is no breeze, and it just glided down and landed on the ground, but as it is coming down, my eyesight is looking at this feather just a foot or so from my face… something catches my eye. I lose the tracking of the feather because I am still looking in the sky. There's something there.*
>
> *I am looking at this object, and Jackie says, "I can see it! I say I can see it!" It was a ball of light, and it was stationary*

for a few minutes. It never moved. It just sat there, and then it just blinked out as if someone switched out a light.

The last feather story happened a few days later when my assistant, Desta and I were at the San Xavier Mission, south of Tucson. We did the usual tourist thing wandering around, taking pictures. As we were leaving, Desta wanted to stop at the gift shop.

Like most men, I had no intention of buying anything, so I just wandered around the shop looking at stuff. Suddenly, I noticed some giant greeting cards in a rack. One had a white feather on it. I thought This is interesting, but I did not need a card, so I decided to take a picture of it.

I carefully held it up and lined up the shot without my finger in it, which took a while. I put it back and noticed there was a second card with a bunch of white feathers on it. I gripped it and set it up for a photo as well.

As I was completing my task, I looked up to see Desta standing and looking at me. In her hand, she held a white feather. You could have knocked me over with a feather at that point.

She had been standing outside, waiting for me and down floated a feather from the sky. It landed on her right foot.

I now ask every experiencer I interview whether they have had any experience of something moving or materializing. Most people will answer Yes, but that they didn't think it was related to UFOs, and most have never heard the word *apport*.

Here is an interview I did with an experiencer named Dave Emmons. He had a whole collection of apported items. The objects on the left are small, plastic disks that have mysteriously appeared over the years. They are all the same size.

The first object was a quarter found face up in the middle of the floor mat in the car on the driver's side. Dave put the quarter in his pocket. The next time he was in the car, this rock was in the exact spot where the quarter had been.

Downloads

A significant part of the alien contact modalities is the vast number of reported downloads, or self-transcending cognition, that have been received from the intelligence behind the UFO phenomenon.

The data from the FREE survey showed that 42% of the experiencers who answered the questionnaire believed that they had scientific, technical, or mathematical information downloaded that they did not learn in school. The implication was that the material had been placed in their minds by the UFO intelligence.

The Download CM might be part of a bigger drop of material to humanity based on the times we live in. It may be another way to give us instruction and direction, just like metals, sightings, crop circles, and face-to-face encounters do.

Dr. Kenneth Ring, Emeritus Professor of Psychology and pioneer academic on Near-Death Experiences, and co-founder of the International Association for Near-Death Studies, wrote about a general consciousness entering the world from outside the waking consciousness:

> *The threat of mass death from nuclear warfare, global ecological catastrophe, or both, is evoking a new level of consciousness from humanity at large. It is a consciousness that is aimed at lifting humanity above its usual sensate and materialistic concerns into the realm of the transcendent. This emergent level of consciousness is serving and adaptive evolutionary end, for evolution is teleological…*[82].

Of the scores of Alien Download CM experiences, one of the key experiences is that of Rey Hernandez, who founded the Edgar Mitchell FREE Foundation.

Days after talking to me about consciousness at a 2014 UFO conference in Sebring Florida, Rey had his out-of-body experience where he was shown a wheel of videos that represented the various contact modalities all connected by consciousness, and representing the true fabric of reality.

Through a continuing set of synchronicities, Hernandez contacted Dr. Rudy Schild, who stated he had worked on the modalities and called them "the modern miracles."

Within a couple of hours, Hernandez was talking to Apollo 14 astronaut Edgar Mitchell, who also understood the download phenomenon and its significance. He told Hernandez, "You need to initiate what your ETs told you."

A couple of weeks later, the FREE Foundation was formed, and they were on the road to creating the largest scientific study ever done with UFO experiencers.

Like other contact modalities, there are hundreds of stories that could be used to validate these downloads. Let me mention a few.

Ralph Steiner, a physicist with an experiencer background, told his story of getting a download:

> *I was sleeping in my room for the first time in the summer of 1973. I woke to an eidetic vision of complex partial differential equations scrolling as if they were images on a computer screen from the bottom of my visual field to the top. They were*

> *scrolling very quickly, but I was able to see them clearly. If you think of google glass today, you can see the internet projected on this google goggle. That's what this was like. You could see through it. I could open my eyes, and I would see the equations in the foreground. It was a projection in my visual field. I could still see the walls and the ceiling, and the blue sky out the window of my room. This went on for maybe ten seconds. I intuitively understood what these equations were all about.*

Diana Pasulka, in her book *American Cosmic,* talks about a NASA engineer who she calls 'Tyler D'. After he witnessed a friend die on the Challenger space shuttle, he was very depressed. This may have caused a dissociation by trauma, which allowed him to connect to the intelligence behind the phenomena. Pasulka described it this way, "Tyler's crisis after the Challenger disaster led him to his discovery of the phenomenon."

He described to me the hooded figure at the end of the bed on the night when the first idea came in, and that idea led to another idea, which soon led to 40 patents. Pasulka described how Tyler D. then believed he was getting downloads from the UFO intelligence:

> *When Tyler returned to the program, things had changed. He explained that he was now connected to a source that he believed was part of off-planet intelligence. He felt that it had been with him since a few months after he saw the Challenger explode.*[83]

This is absolutely the pattern. After a lecture I gave where I talked about these downloads people were getting, a woman approached me outside the lecture hall. She handed me her phone, which had some photos of documents on it. I scrolled through them, noticing mathematical formulas among the twenty-five pages.

"You wrote this?" I asked.

"Yes," she replied, "and I am a secretary. I have never studied science."

In 2013, the FREE foundation was getting similar stories from people approaching them. They even set up a committee with Dr. Edgar Mitchell, Dr. Rudy Schild, and other physicists to go through some of the physics papers experiencers were sending in that they claimed they got through downloads.

Finally, the importance of the alien downloads can be further illuminated by another statistic in the FREE data. That figure is that 40% of all experiencers who answered the question believed that at one point during their experience, they knew the answer to everything in the universe. If this is accurate, then it would strongly indicate that all the answers to problems are “out there” and it is a matter of accessing the information.

MECHANICAL CONTACT MODALITIES

Scientists can fill libraries full of information. However, it is not until an engineer comes along that anything will be built that will help the public.
-Dr. Eric Walker, former President at Penn State University

We are now leaving the plane of your existence.
-The sign off message was given by an alien that took over British TV for six minutes

The 21st century is a culture where the TV, car, and cell phone are worshiped. Technology is more and more becoming the only game in town. Most would say that this technology moves us away from anything that might be considered spiritual or paranormal, leading us to a secular and materialistic existence.

Engineers, however, will be engineers. They just want to build things and are not really vested in the spiritual foundations of the technology. They will take any information that is popular and build something from it to make money or advance the world

Therefore, when it comes to the paranormal world of spirits and ETs, there have been engineers who have started to build instruments that could allow people to interact or communicate with the intelligence that appears to be responsible for a whole range of paranormal phenomena.

The ultimate aim is to create a device that works without the operator working as a medium. As one person described, “The device alone, without some influence from a person with strong enough (I say 'strong enough' because we are *all* mediums on some level) mediumistic faculties, will do nothing. You can use simple tape recorders or other recording devices if you have the before mentioned traits. Something that produces ambient noise that the other party can modulate would be preferable (with absolute silence, there is not much to work with).

The assumption with the new technology is that there is some sort of physical or etheric medium that is shared both by the physical world and the world inhabited by the aliens and spirits. Understanding what that medium is would allow an instrument to amplify the signal in the medium so both sides can send and receive. The medium, that would normally be sensitive to the signal would no longer be required.

Phone

There are a couple of interesting phone stories. The first happened in Canada as Wilbert Smith and some of his associates were working on a gravity control device in the garage. The men were from different government departments, and it was all pretty secret work which they did only on the weekends.

The story of the phone call came to me from someone who was actually in the room when it happened.

Wilbert Smith had developed several methods to talk to an ET by the name of AFFA. He was an engineer who would get messages. Smith would put paper by the bed, and in the morning, he would find in his writing instructions on how to proceed or the answer to an equation he had.

He also was in close contact with a woman by the name of Francis Swan, who was getting messages from AFFA as well. She is a well-known figure as she is the person who taught a Navy Intelligence guy to contact AFFA through automatic writing, and he went to the CIA, where they channeled the alien and had it fly by the window. (This story is told in the 1979 documentary *It Has Begun*)

My source, Art Bridge, was the metallurgist for the team and worked during the day for the Defence Research Board.

When I asked what had occurred, he said they were setting up the experiment on Saturday morning in the garage.

The experiment was ceramic magnets glued to a copper plate. The plate was spun with an arrangement with two motors where they could get it up to 18,000 rpm.

As they were getting ready to turn the experiment on, the phone rang. On the other end was a blind telex operator who was also getting messages from AFFA. The operator told Smith, “I just got a message from AFFA. He said to shield the experiment.”

Immediately, everything was stopped. Wilbert said, “We have to shield the experiment.” What they did was build a brick wall around the unit, which took a while.

They then turned on the experiment, and it exploded. In one paper, Smith hinted at what had occurred. He stated they were picking magnets out of the wall and if they had not gotten a warning, someone would have been seriously injured.

The second phone story happened in 1952 to physicist Jack Sarfatti as a young kid in Brooklyn. As he recounted the story, he was reading a book on switching systems that he had borrowed from the library, when the phone rang.

He picked it up and stated that there was a voice that sounded exactly like the mechanical voice Stephen Hawking uses.

It said, "Is Jack there?"

Sarfatti said, "Yes, this is Jack."

The voice said, 'This is a computer on a flying saucer." Immediately Sarfatti though it might be one of the kids in his group of friends, although he couldn't think who would be smart enough to pull this off.

The computer voice said that they were planning to provide 400 top people with information, and Sarfatti had been picked. After 20 years, they would begin and would introduce him to the others. The voice added that first, he would have to agree, so would he?

Without even thinking, he said Yes, at which point he had almost like a Kundalini shock run up his back.

The computer voice then told him to go to the balcony and wait. They would pick him up in ten minutes.

Sarfatti raced to talk to his buddies to tell them what had occurred. They raced back to the balcony, and nothing happened.

Sarfatti forgot about the event until 20 years later when he was about to go to London to teach. He was reading the Sunday paper and noticed that a man by the name of Uri Geller had been brought to America. He decided to check it out before leaving the country.

He phoned SRI, and the phone was picked up by Brendan O'Regan. When Sarfatti said why he was calling, O'Regan said, "Yes, Dr. Sarfatti. We were expecting your call," which kind of shocked Sarfatti.

Sarfatti ended up being part of a group on the leading edge of physics, remote viewing, and advanced propulsion with Hal Puthoff, Russell Targ, Ingo Swann, Uri Geller, and a host of others who might have been some of the 400.

The last part of the story involves Sarfatti's mother, who brought up the phone call after reading Uri Geller's book. The thing is, she recalled many phone calls, and Sarfatti only remembered one. When Sarfatti tried to correct her, she reminded him he had been on the phone with the voice all

the time until she put her foot down, grabbed the phone and told the voice to leave her Jack alone.

This last phone story may be the weirdest. It involved Stan Romanek, whom many will discount when they hear his name. This, I believe, is a left-brain interpreter jumping in with a skeptical opinion without considering the facts.

I was a part of this story, and it involved a lot more people than Romanek. At one point, one of the people was going to write a book on these phone messages, which became known as the 'Audrey messages.'

Here is a short version of a long and interesting story.

The name Audrey came from Alejandro Rojas, who explained, "It was a text to speech program, and the name of the voice we were hearing was Audrey. It was a female British sounding voice made by a company called Natural Voices."[84]

Rojas had received a couple of weird calls after he got involved, including from Audrey:

> *I began investigating this case several years ago. Right off the bat, I got a strange phone call from a computer sounding voice. It said something about how I should feel honored to be working on Stan's case. According to my phone records, the call came from a blocked number…I found that they and others involved with the case had also received several strange phone calls like mine. Eventually, I received another when Stan was stressed out and having a hard time dealing with these experiences. This call came on my cell phone and asked me to support him. This time the records showed that the call had come from my number.*[85]

Rojas said that it had the same voice as the one that Romanek and his wife were recording and playing in videos that they released. Romanek had several calls from Audrey.

Romanek was under attack for making the whole thing up, but I knew from talking to Rojas and others around the case that those close to the investigation believed something paranormal was taking place.

The Audrey incident became much more important when I learned that other people were getting the Audrey calls, but were not talking publicly

about it. One was Paola Harris, who had one of the best calls but didn't think it was significant at all.

She had been at an event at Crestone, Colorado, being hosted by her friend Dr. Steven Greer. When she arrived home, she was so taken by the city of Crestone that she thought to herself, "I hope I get to go back." Eventually, she bought a piece of land there.

Just after she thought this, her cell phone rang, and there was the Audrey voice. It said, "Don't worry. You'll go back," and then hung up.

She looked at the caller ID and realized the call had come from the B&B she had stayed at in Crestone, so she phoned them and asked them why they were calling her. The B&B said they had not. They said Paola had phoned them.

The key to this story is Paola had not told anyone. It was simply in her head and nowhere else.

The weirdest part of the story came in 2013 when I was at a private meeting at the cottage of a New Jersey businessman, named Mark, who was supporting Stan Romanek. Tyler D., mentioned in Diana Pasulka's book *American Cosmic,* was there, and so was Chris Bledsoe.

Figure 5 Chris Bledsoe with Tom DeLonge.

During the weekend, I had time to talk to Mark, and he mentioned the Audrey calls. He said he was doing a book on them and had a list of what I believe was 83 or 84 different Audrey calls. I am not sure if this was what all the people had received or what he had received, because he was getting swamped with calls about this.

Mark was getting so many calls that he had two phones, so Audrey would not interfere with his business calls. He told me that Audrey would phone on the one phone and the business calls would come in on the other.

The strangest part is that Mark stated he knew exactly when the Audrey phone was about to ring. He could sense it before it rang.

Stan Romanek got into legal trouble right after that, and Mark withdrew. I am not sure what happened to the Audrey callbook, or if people are still getting calls.

The SoulPhone

As with the first flight of an aircraft in 1903, which only stayed in the air for 12 seconds, things that seem impossible become more probable as new technologies are developed.

The same rule applies to the idea that we can use technology to talk to the dead as easily as we now take messages or talk around the world on our cell phones.

The SoulPhone technology is becoming a reality. In early 2020 public demonstrations are planned to illustrate that the technology has become very advanced and accurate in actually communicating with people who are dead.

Two of the key people behind the invention are Dr. Gary Swartz and Dr. Mark Pitstick. This is the way the inventors describe the technology on their website:

> *Technologies are currently being tested in laboratories around the world to demonstrate that these theories are real, and many have been extensively validated. We hold the firm conviction that one day shortly, the technologies that result from these discoveries will allow us to communicate with what is now considered to be 'the spirit realm.' Devices derived from these technologies will be available for us to continue our*

relationships with our loved ones who have 'passed on,' but not 'passed away.'

With enough empirical evidence from studying these phenomena, we can begin to develop models of how this larger reality may function. Models do not necessarily describe the exact mechanisms that nature uses, but models allow us to create testable predictions. From these predictions, we can then create experiments and, eventually, theories. From these theories, we will ultimately create or discover processes and technologies that will enhance our understanding of nature and perhaps utilize nature's mechanisms in ways that were once thought of as fairy tales or pure fiction.

The Laboratory for Advances in Consciousness and Health at the University of Arizona is progressing toward a working prototype of what is called the 'Soul Phone™.' They have already demonstrated that the detection of energy and information and even communication with spirit is already possible in an optimally controlled environment (to minimize 'noise' and other spurious signals). This is accomplished by several mechanisms:

1. Detection of ultra, low-level sound

2. Manipulation/interference with coherent light

3. Detection of vibrating patterns of matter and energy (e.g., information)

These emerging historic developments are likened as the next step in an evolutionary process from the cell phone, through the smartphone, to the Soul Phone. This device is not pie-in-the-sky science fiction. Sometimes things are too good not to be true. Dr. Schwartz first presented proof-of-concept laboratory discoveries on soul communication technology six years ago in Chapters 13 and 14 of his book*, "The Sacred Promise: How Science is Discovering Spirits' Collaboration with Us in Our Daily Lives."*

Radio

There was a whole group of contactees in the 1950s who were receiving messages from beings that were said to be ETs through crystal radios.

The contactees included George Adamski, George Hunt Williamson, Robert Short, Octavio Ortiz, and others.

Wilbert Smith, who was the chief radio engineer for the Canadian government, and who ran the government UFO investigation, was also getting radio messages. Not only was he getting messages using the radio, but Smith was also getting instructions on how to build the radio receiver.

When I visited Smith's widow in 1977, she confirmed all this and many other much more unusual things. This, however, is an attribute of a UFO story that many researchers will agree with – the weirder the story is, the more it is probably true.

I had gotten the lead to this story from a radar technician in my father's office in the government, who had worked for Smith, and he told me an incredible radio story that happened back in the 1950s. Smith was operating at Shirley's Bay on the restricted property of the Department of Defense. The reason it was restricted was that they were trying to pick off Soviet radio signals with listening equipment.

He had permission from the government to place a flying saucer observatory there, which was closed in 1954. What they did not have permission to do was to radio the aliens.

My contact, Ernie Epp, stated that at one point, that is what Smith was trying to do on government radio equipment. Epp stated that he was driving around one Sunday afternoon, and decided to go to Shirley's Bay.

He said that there were lots of cars there which was a strange sight. Going into the main building, there were people all gathered around radio equipment, and an argument was going on between Smith and the lead radio operator at the station.

Smith was saying, "Make the communication."

The operator replied that he would not do it, as it went against the Department of Transport regulations.

Smith repeated his command to make the call on a frequency that Epp remembered (and I don't).

It went back and forth, and as far as Epp could remember, there was no call.

The final example of using radio came from Charles Topham, who would be one of the originators of psychic questing and was one of the five members of the famous Addie Ouija board sessions in 1989.

His grandfather was a Morse code operator in WW1 and he was using the radio to spy on Russian communication in WW2.

Charles was very interested in radio, and when he was about 13, he built some radios with his friends in school trying to contact aliens as if he was reading what Adamski and Williamson were doing with communications with extraterrestrials in the 1950s.

With his buddies, he set up a couple of different contact modalities. The first was an Ouija board. Then Mike Smith and Topham started practicing automatic writing. They, "started getting results pretty quickly."

The two beings that they contacted were named Solan and Melchizedek (Melchizedek would not appear in UFO literature till almost a decade later when Jacques Vallee brought him up).

When it started happening, they triggered another contact modality – a UFO sighting. Charles asked for one to show up so he could see what it looked like. They were on the top floor of the school in the geography room overlooking the sports fields.

It was overcast, and just as they asked, a bright object looking like a football dropped out of the clouds for a couple of seconds and then flew back up into the clouds. The boys were so scared they dropped everything and quickly went home.

Not being able to leave it alone, quite soon after, they were having, "another go at it." While babysitting some kids, Charles and his buddies fired up the Ouija board, and that is when Charles asked for beings to put some Morse code on the radio.

The board said, Yes.

Charles asked them to make the code for "D" - dah-di-dit. The board said, Check.

Charles asked, "What do you mean check?"

The board said, Check again.

Charles said, "dah-di-dit."

There was a pause, and suddenly there was lots of white noise on the radio, and then a very clear "dah-di-dit." It sounded mechanical and not like a person doing it.

Charles said, "Can you do more." The board again said, Check, it could. Charles asked for DAD - dah-di-dit, dit-di, dah-di-dit. It came out perfectly, and it was so loud, it sounded as if all the frequencies on the radio had been taken out.

Paola Harris has investigated many UFO cases where human-looking ETs used crystal radios to contact humans. During the 1950s, Robert Short, a close companion of George Van Tassel, Howard Menger, and George Adamski was one of these contactees and was part of the Giant Rock crew. The FBI located Robert ordering him to stop using crystal radio communication, claiming it was in the interest of National Security. Shortly after, it was outlawed in California. To get around the FBI ban, the beings then decided to communicate through Robert by trance channeling,

Another example of crystal radio contact came in 1956, with the Amicizia (Friendship) case, in Pescara, Italy. This group of human-looking aliens were known as the W56 and would communicate with the 10 Italian contactees using this method. Stephano Breccia, author of the book on this case called *Mass Contact* said:

> *They were making contacts typically using radio sets as receivers or using telephones, or video sets, which, if off, usually were turning on by themselves, just to shut off when the communication was over. Very seldom telepathy or other "unusual" media were taken into account.*[86]

There also were manifestation/apportion phenomena reported in this case when one of the contactees wrote a letter to the W56 and left it on a table. The next day, the letter (which had been somehow ripped into tiny pieces) fell from the ceiling while the group was talking to the W56 on the crystal radio.

The Chilean Amicizia case also used crystal radio in the 1970s. Octavio Ortiz said that they talked to the ETs for hours at a time via this device. Once the Intelligence community began interfering, communication was conducted through dreams.

Television

Colin Andrews, who is considered the foremost expert on crop circles and the man who coined the term, had a bizarre experiencer where his TV shut down one night. Looking back, this appears to have perhaps been the start of the crop circle phenomenon.

One million people across the UK are watching TV on November 26, 1977, and suddenly the airwaves are interrupted by a voice claiming to be

an alien. This alien began to transmit a message that continued for about 6 minutes.

Colin had just bought his first reel-to-reel tape recorder. He had unpacked it and had it on the living room floor with the microphone ready to go. As he turned on the record button, the TV signal broke up, and on came a message from a being named Vrillon. Andrews got the whole thing on tape. In part, this was the message:

> *This is the voice of Vrillon, a representative of the Ashtar Galactic Command, speaking to you. For many years you have seen us as lights in the skies. We speak to you now in peace and wisdom as we have done to your brothers and sisters all over this, your planet Earth. We come to warn you of the destiny of your race and your world so that you may communicate to your fellow beings the course you must take to avoid the disaster which threatens your world and the beings on our worlds around you.*
>
> *This is so that you may share in the great awakening, as the planet passes into the New Age of Aquarius. The New Age can be a time of great peace and evolution for your race, but only if your rulers are made aware of the evil forces that can overshadow their judgments.*
>
> *Be still now and listen, for your chance may not come again. All your weapons of evil must be removed. The time for conflict is now past, and the race of which you are a part may proceed to the higher stages of its evolution if you show yourselves worthy to do this. You have but a short time to learn to live together in peace and goodwill. Small groups all over the planet are learning this, and exist to pass on the light of the dawning New Age to you all.*
>
> *You are free to accept or reject their teachings, but only those who learn to live in peace will pass to the higher realms of spiritual evolution. Hear now the voice of Vrillon, a representative of the Ashtar Galactic Command, speaking to you. Be aware also that there are many false prophets and guides operating in your world. They will suck your energy from you – the energy you call money and will put it to evil ends and give you worthless dross in return.*

Your inner divine self will protect you from this. You must learn to be sensitive to the voice within that can tell you what is the truth, and what is confusion, chaos, and untruth. Learn to listen to the voice of truth which is within you, and you will lead yourselves onto the path of evolution. This is our message to our dear friends. We have watched you growing for many years as you, too, have watched our lights in your skies.

You know now that we are here, and that there are more beings on and around your Earth than your scientists admit. We are deeply concerned about you and your path towards the light and will do all we can to help you. Have no fear, seek only to know yourselves, and live in harmony with the ways of your planet Earth.

We of the Ashtar Galactic Command thank you for your attention. We are now leaving the plane of your existence. May you be blessed by the supreme love and truth of the cosmos.[87]

Andrews was in the communications business and was aware of the investigation that ensued based on hundreds of people phoning the network ITN to question or complain. Andrews described the aftermath:

Four-in-depth investigations by the Independent Broadcasting Authority (IBA) and the British government could not account for the event…I will say that at the time this occurred, there was no known technology that could override and replace a national broadcast for six minutes.[88]

Andrews stated that the only thing that they could determine about the signal that was taken over is that it was broadcast over two large transmitters at Hannington, broadcasting to central-southern England where all the crop circles would begin to appear six years later.

If this was a CM of an alien sending a message to people in a bizarre way that would make people retell the story over and over, then it did not end with the six-minute message.

In 2002, another message was left at the foot of one of the two transmitter towels. It is the crop circle discussed in the crop circle section that had an alien head with a disc containing an ASCII Character message that said:

Beware the bearers of FALSE gifts and their BROKEN PROMISES. Much PAIN but still time. There is GOOD out there. We oppose deception.

Transdimensional Communication Device (TDC)

German physicist, Professor Ernst Senkowski, coined the term 'instrumental trans-communication' (ITC). This method is one whereby you can receive messages from the spirit realm by way of electronic means, I.e., photos or audio (EVP). The Germanium Device (TGD), was constructed using a chip of germanium crystal and two coils, which was plugged into the speakers of a cassette tape recorder. The recorder would amplify the messages of the spirits and was sent to the sitters of the Scole experiment via voice, music, clicks, and pulses of audio information, much like that of Morse Code. Thomas Edison was said to be the spirit who gave the sitters the blueprint of how to build this device (drawn by him psychically on a film which had never been out of its shop wrapping, together with his accurate initialed signature.)

Robin Foy remarked about the Scole Experiments that the team had direct communication with the spirits and they had received instructions to modify to the TDC device. A system known as "IDOLIS' (Interdimensional oral language interpretation system) was developed. Through this device spirit voices were heard as 'robotic'. During 'Project Alice', the Scole team was able to capture video images of the some of the spirits, including one referred to as 'Blue'. He materialized on the film. Tiny 'self-illuminated' UFOs also appeared during the experiments and flew around the room.

Figure 6 Blue 1.

Figure 7 Blue 2.

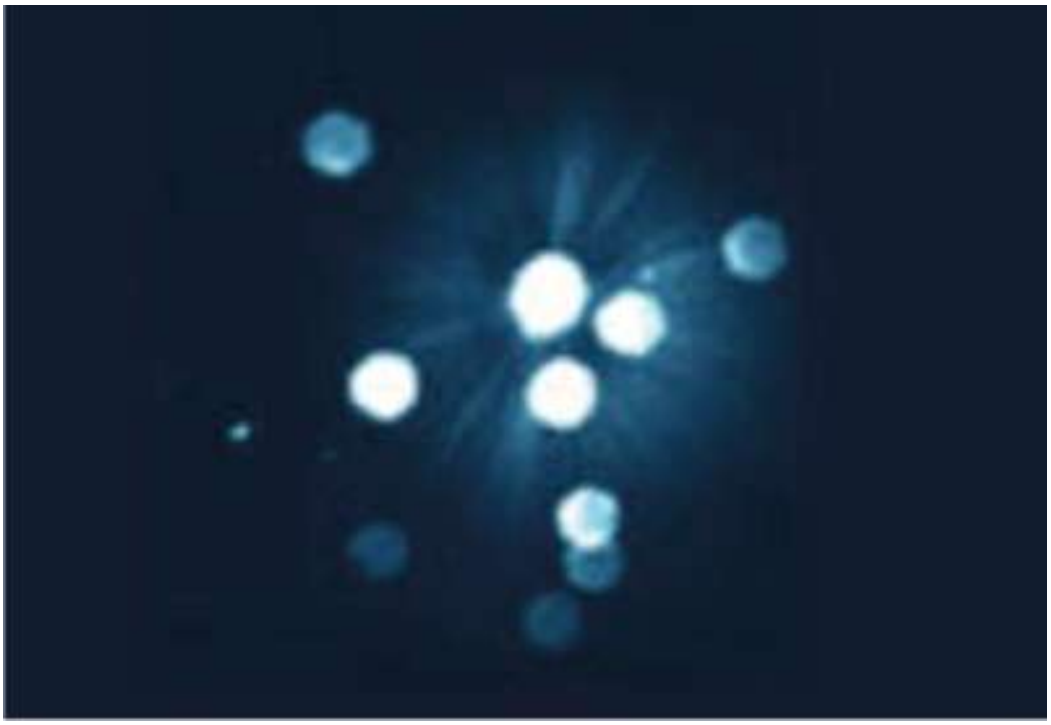


Figure 8 Scole of Light phenomena with Robin Foy and Tim Coleman, photo courtesy of Steve Mera.

SECULAR MODALITIES

Hypnosis

Neurology

As with other modalities, something distinct is happening in the brain:

> *Pure hypnosis induced reorganization in the composition of brain oscillations, especially in prefrontal and right occipital EEG channels. Additionally, hypnosis was characterized by consistent right-side-dominance asymmetry. In the prefrontal EEG channels, the composition of brain oscillations included spectral patterns during hypnosis that were completely different from those observed during non-hypnosis. Furthermore, the EEG spectral patterns observed overall during the hypnotic condition did not return to the pre-hypnotic baseline EEG immediately when hypnosis was terminated… The present results suggest that pure hypnosis is characterized by an increase in alertness and heightened attention, reflected as cognitive and neuronal activation.*[89]

There are a number of key CM stories that link into hypnosis:

1. Dolores Cannon invented a type of hypnosis/regression called 'Quantum Healing Hypnosis Technique,' (QHHT), where she led people into a very deep, somnambulistic state of trance. She asked the client's 'higher-self' to perform the healing work on themselves.

During her work through hypnosis, she noted one very strange experience where she had 12 clients who were conduits for Nostradamus. He started talking to Cannon through her clients, and Cannon produced two books from the material. There did not appear to be time or space during these sessions. Everything appeared to be happening in real-time as if Nostradamus was alive. At one-point, Nostradamus said to Dolores, "I have to go, my wife is cooking dinner for me..."

2. Hypnosis – Hypnosis is used extensively to recover memories from UFO abductees who have missing time. Many in the UFO research field hesitate to back hypnosis, as they think the scientific community is against it. The FREE experiencer survey did not use any hypnosis accounts to "guard against false memory stimulation and a method of keeping the testimony grounded," even though both consciousness memory and testimony are largely composed of made-up memories.

Some UFO researchers are embarrassed by the idea of hypnosis, as these findings are a little too, Woo-Woo. Rather than researching the validity behind using hypnosis, many will go along with things scientists do on the outside, as they don't want to offend them in case one decides to research UFOs.

3. Dr. Michael Newton – Newton, a clinical psychologist, developed a collection of data related to the recovery of life between lives (LBL) memories. During his career, he did 7,000 hypnotic regressions that lasted for up to four hours. Newton was one of the people who believed that more time must be taken during the induction phase of hypnosis to get the person deep enough to access the LBL memories. This idea would support the fact that hypnosis, like many other modalities, is not a phenomenon like an off/on switch. It is more like a dimmer switch where there is an entire spectrum of levels that can be reached. The quality of the information relates to how deep the trance state is.
4. John Burroughs was one of the Air Force officers who witnessed and had contact with a UFO in the 1980 Rendlesham Forest Incident. When he was regressed back to the time of this famous incident, he went into a kind of channeling state where he was speaking some language.

Hypnosis is a state of hyper-vigilance and concentration where all the cognitive resources are fully allocated to perception by cutting off dissociation from the left-brain ego-mind. People will describe quieting the mind, and using the right brain visualization to enter the state.

The reality is that there are two brains, and in hypnosis, it is the left that is being quietened. Once the left is quiet, the noise is turned down or off, and the signal becomes apparent. The state is very similar to the CMs of daydreaming, mind wandering, hypnogogic, and hypnopompic states.

An analogy to understand hypnosis is that the stars are still out during the day. You can't see them because of the interference created by the light. Hypnosis turns off the light.

When it comes to the effectiveness of hypnosis to recover memory, there are many, like the False Memory Syndrome Foundation, who say it is totally ineffective and even dangerous. On their website they write:

> *Hypnosis involves a person's ability to set aside critical judgment without relinquishing it completely, and to engage in make-believe and fantasy. For some people, this make-believe may be so vivid and intense that they have trouble differentiating it from reality.*[90]

The Foundation references studies that indicate the 10-15% of highly hypnotizable people are also fantasy-prone:

> *A study conducted by Tellegen & Atkinson (1974) has demonstrated that hypnotic responsivity is related to the ability to become absorbed in imagining such things as the setting of the sun, or the smell of ripe oranges. Further, data collected by Cheryl Wilson and Theodore X. Barber (1982) has identified a subset of high hypnotizables whom they characterize as fantasy 'addicts;' that is, as individuals who spend as many of their waking hours as possible engaged in fantasy and imagination.* [91]

This would indicate a strong connection between hypnosis and the right brain. This would also tie in with a well-known attribute of people who are highly hypnotizable, and that is the ability to dissociate.

Memory and Hypnosis

A study of memory tells us a great deal about how the brain and contact modalities work.

The first thing to realize is the memories of the two hemispheres of the brain are different, and that the right-brain memory (which hypnosis

taps into if the client is brought deep enough and completely dissociates from the ego-mind) is better.

This was spelled out in a paper Michael Gazzaniga was a joint author on called “Right-Hemisphere Memory Superiority: Studies of a Split-Brain Patient.”

> *The right hemisphere was better able than the left to reject new events similar to originally presented materials of several types, including abstract visual forms, faces, and categorized lists of words. Although the left hemisphere is capable of mental manipulation, imagination, semantic priming, and complex language production, these functions are apparently linked to memory confusions--confusions less apparent in the more literal right hemisphere. Differences between the left and right hemispheres in memory for new schematically consistent or categorically related events may provide a source of information, allowing people to distinguish between what they actually witnessed and what they only inferred.*[92]

In addition to the right brain’s superior ability to recognize new events that have been added, research has shown that the right brain memory is simply an accurate recording of events.

The left-brain memories are a collection of stories. This was pointed out in the previous chapter Left Brain Dominance under the Left-Brain Interpreter. What happens to memory in the left brain is that when the left brain is confronted with new information, the LBI takes two facts and adds a story or confabulation to link the two facts together and trying to keep the story coherent in the waking consciousness. This information is usually wrong.

The left-brain memory does this over and over during life, which means that perhaps 1/3 of the information in the left-brain memory is made up of material that has no firm basis in reality.

The left-brain memory is like a compendium of rumors, and the right brain is a memory file that records the events. This fact alone makes hypnosis gathering in the right brain for memory much more important than any memories recalled in waking consciousness, which is contaminated with confabulations from the LBI.

The other important fact about memory is that there is such a thing as a perfect memory. The myth of a bad memory arose by testing the waking consciousness memory, which is LBI generated.

We know that memory is perfect because of various groups of people who have very unusual memory abilities. These people have been tested, and they can remember exactly what they claim.

If these people have an almost perfect memory for certain things, it supports the theory that everyone has it, and all that is required is a dissociation away from the noise that blocks the memory signal.

One type of memory that falls into this pure memory theory is *very advanced biographical memory* (VABM). There are at least 80 people in the world who have been tested and confirmed to have the condition. Some people seem to be born with it, and in some cases, such as Orlando Serrell, they developed the ability after a head injury.[93]

People with VABM can remember every event in their life from the time they are about ten as if the events happened yesterday. They can tell you what the weather was, what the news headlines were, what they had for breakfast, what they wore, what TV episodes played on that day, and anything else that happened. They only have this specific and personal memory ability. They are no better on other memory tests than the average person, which indicates there are different kinds of fields for memory. A memory is not just a memory.

The second kind of a perfect type of memory is an *eidetic or photographic memory*. This is the kind of memory many prodigious savants have. Skeptics will point out that it is not perfect, but it is pretty close.

Some of the people who were in this memory category included Kim Peek, who had the reputation of being the only declared mega-savant. Darold Treffert, the top savant authority in the world, called Peek's condition the Mount Everest of Memory. Peek reported he had read 12,000 books in his life and could recall every single thing in all the books.

Other savants who show the potential for memory accuracy and volume were two brothers named George and Charles Finn, also known as the 'Bronx Calendar Twins.' Like many savants, they were fascinated with calendar counting. They could instantly name the day of the week for any date, 100,000 years in the future. Treffert, who had seen many savants do this, stated his research indicated there was no calculation occurring at all. It would just come into the person's head.

This particular type of memory supports the idea that the answers are all in some non-local field, and because the savant has left brain damage, they can dissociate and download the answer.

Additional support for this right/left-brain theory for this kind of memory comes from the fact that when an extreme calendar counter is given simple maths, he cannot do it. George Finn, for example, would not answer 2x3, or 4x7, or 10-3.

As with the VSAM people, if savants can access incredible memory abilities, then so can the average person. They have to dissociate from the left-brain noise like a savant, and then have access to any memory they want.

Because hypnosis can cause left-brain dissociation, it becomes an excellent method for recovering true memory. The quality of the memory recovery will depend on dissociation - the depth of the trance.

An example that our waking consciousness memory is faulty is in our inability to remember being a baby, and that we forget a lot of things that are not transferred from short term to long term memory.

Strangely, this is the prime skeptical counter-argument to the use of hypnosis with experiencers. The scientific belief is that our memory is very flawed and cannot be relied on at all. Therefore, hypnosis is of no use in recovering memories from UFO experiencers who have missing time.

The evidence for poor memory is unsupported in light of research that has been done with some very unusual memory abilities that are held by some people. One of these is *Highly Superior Autobiographical Memory* (HSAM). It was discovered in 2006, by Dr. James McGaugh, a professor of neurobiology at the University of California, Irvine, at the Center for the Neurobiology of Learning and Memory.

The numbers keep rising, but at present, it is believed that there is 80+ confirmed people in the world with this condition. (This number may be higher because McGaugh got 600 emails with new claims after a *60 Minutes* show on the subject.)

People with this condition can remember every event in their life from the age of about ten as if it happened yesterday. The condition is not photographic. It's not an autistic or savant memory, and it is not absolute. VSAM people also forget where they left the keys to the car.

Our memory is most importantly different from photographic memory, eidetic memory, or memory of gifted Asperger's children, who demonstrate

superb memory for selected topics of special interest to them. It is also different from filmographic memory that is common with people who have Asperger's. This type of memory is reported to be like watching a movie rather than identifying things in the movie.

It is also different from the type of memory as in the case of physicist John Von Neumann, who was rumored to have remembered everything he had ever read, including footnotes; or savant Kim Peek, who could remember everything he had ever read in 12,000 books.

Autobiographical memories can be retrieved from either the first-person perspective, in which individuals see the event through their own eyes or from the third-person perspective, in which individuals see themselves and the event from the perspective of an external observer.

HSAM individuals can describe events that occurred from any date in their life. They immediately know what day of the week it was, what they had to eat that day, what the weather was like, and what events were in the newspaper that day. When asked how the memories appear, they usually state, "They just appear." They don't really have to go looking for the memories.

Research shows that there is one key thing that is different in the brains of HSAM individuals. The putamen is, according to the University of California neurologist Dr. Larry Cahill, "a lot larger, perhaps up to seven or eight of what's called standard deviations larger than normal."

To understand what that means, "if a man was seven or eight standard deviations taller than the height of the average man, he'd be ten feet tall. So, we have some potentially whopping effects," he explained.

This is the same part of the brain that has increased fibers in people who have had UFO experiences. This discovery was made by Dr. Garry Nolan and Dr. Kit Green in their study of 105, mostly military subjects, who experienced a UFO event, and who then had fMRIs done on their brain.

The inferences of this are that in the HSAM people, the putamen is being used a lot. That is why it has created seven deviations more fibers than in ordinary people.

It is following the *Use it or Lose it* rule. The brain prunes fibers not being used and add fibers where there is increased activity.

In both VSAM individuals and UFO experiencers, it appears that the putamen is being used as an antenna. It increases in size to handle the larger than normal amount of signal that's being processed in the same way that a

TV cable is used to handle hundreds of channels, as compared to the simple wire antennas used in the days when there were only a couple channels.

University of California neurologist Larry Cahill stated that “The discovery could lead to breakthroughs on how memories are formed and kept."

The discovery of VSAM demonstrates that memory is perfect and that the level of memory we have comes from the ability to access. Just like other contact modalities, the level of success is determined by the ability to cut out the noise in the signal produced by the brain.

If VSAM people can recall every detail of every day in the last 40 or 50 years they lived, maybe everyone can do the same thing. If someone can remember every word in every book they ever read, maybe everyone else can do this as well.

This apparent ability to obtain clear non-noise memories also supports one of the most interesting statistics found in the survey of 6,000+ experiencers in a study done by the Foundation for Research into Extraterrestrial Encounters (FREE). The study showed that 40% of all people that chose to answer the questionnaire stated that at one point during their experience they knew the answer to everything in the Universe. After the experience ended, the memory started to fade to the point where all they remembered was that at one point, they knew everything.

The perfect memory is also supported strongly by the accounts that come from near-death experiences or NDEs, and deep regressions, where people claim they underwent a life review in which every experience they ever had was replayed for them. More importantly, they received the memories of others they had interacted with and were able to feel the pain that they had caused.

If true, this means that there is a process where not only everything that has ever happened is recorded, but there is a process of linking together memory events from all individuals. These are put together seamlessly in a life review where all the memories of others linked to you are instantly placed into your particular review.

This would indicate that the answer to everything is out there and that it can be accessed with the right technique to remove the noise from the signal and allow the brain to tap or hack in.

Hypnagogic State

You must seat yourself in a bony armchair, preferably of Spanish style, with your head tilted back and resting on the stretched leather back. Your two hands must hang beyond the arms of the chair, to which your own must be soldered in a supineness of complete relaxation. […] In this posture, you must hold a heavy key which you will keep suspended, delicately pressed between the extremities of the thumb and forefinger of your left hand. Under the key, you will previously have placed a plate upside down on the floor…. The moment the key drops from your fingers, you may be sure that the noise of its fall on the upside-down plate will awaken you.

-Salvador Dali

Neurology

The most common EEG correlates of the hypnagogic state is low voltage, irregular theta waves carrying the superimposed fast beta activity.

The hypnagogic state occurs when we are just crossing the barrier from wakefulness to sleep. In a LinkedIn poll of 211 participants, 6.6% of the respondents said that they had experienced a eureka moment while falling asleep.[94]

As we fall asleep, we are passing through the theta state, and in this state, there is no more ego. You are not thinking because you are transitioning into a deep sleep. The noise from the prefrontal areas of the brain is reduced. At this time, it is also common to experience strange feelings or hear strange sounds.

There is a Thomas Edison statue at the Ford/Edison Estate in Fort Myers, Florida. In Edison's left hand, he is holding a steel ball.

The story behind this steel ball centers on Edison's claim that he would only sleep for about 2-hours each night. During the day, he would sit in his armchair in the lab with this steel ball in his left hand. He would meditate and let his mind wander.

Below his hand, on the floor, Edison set up a steel bowl. As he meditated, he would eventually fall asleep, and his hand would release the ball, which would then hit the metal bowl and wake him up. He would immediately write down what was in his head. He had 3,000 notebooks and 1,093 patents. It appears he may have pulled these ideas and inventions out of the field while he was in the hypnogogic state.

Other people have used the same CM technique. Scottish novelist Robert Louis Stevenson used a similar process to create his novels, poems, and music. According to Eben Alexander, Einstein used to float around in a rowboat at night letting his mind wander.

Salvador Dali used a key instead of a steel ball. He called his inspirational process, "'the slumber with a key… you must resolve the problem of 'sleeping without sleeping.'"

Dreams

Neurology

Using high-density EEG, they contrasted the presence and absence of dreaming within Non-REM (NREM) and REM sleep. In both NREM and REM sleep, reports of dream experience was associated with a local decrease in low-frequency activity in posterior cortical regions. High-frequency activity within these regions correlated with specific dream contents. Monitoring this posterior 'hot zone' predicted whether an individual reported dreaming or the absence of experiences during NREM sleep in real-time, suggesting that it may constitute a core correlate of conscious experiences in sleep…Later studies showed that up to 70% of NREM sleep awakenings yield reports of dream experiences

This was one of the final chapters written for this book. This was not intentional. It just happened on April 26, 2019, in a hypnopompic state as I was waking up.

Wikipedia, which is largely controlled by the high priests of the materialistic world, pronounce that what comes in the hypnopompic state as hallucinations, are imagined sensations that seem very real.

What I experienced was not hallucinations but insight. While it was happening, I knew I was getting insight, and I was asking questions and replaying the explanations that I was getting. The ideas had to do with the brain and the dream process.

When I thought the process was over, I jumped out of bed to look for a pen and a piece of paper. I found the pen, but the only paper I could find quickly was an envelope sent to me by Paola Harris with some promotional material in it for her 2019 StarworksUSA conference in Laughlin, Nevada.

I quickly wrote down the points I had gotten and headed for the shower. There in the shower, the "flow state" resumed, and now I had no pen.

In my mind came the story Carol King once described. The account goes that she was sitting at a piano as her famous song, "You've Got a Friend" started to flow into her head. She recalled that as it was happening, she knew it was important and she kept thinking, "Oh, I hope I remember this." The song helped propel her to become the first woman ever to sell 20 million record albums.

I was there in the shower with the same thought, “I hope I remember this.” I kept repeating in my mind over and over two important ideas that had come into my head to stop them from slipping back across the veil into that place where all these ideas are stored.

As soon as I got out of the shower, I raced to write down what happened in the shower and then decided to write it up at my morning coffee session at McDonald’s.

There would be no email or Facebook this morning because I knew the problem with notes. Everyone who has made notes trying to capture a dream or an insight knows that often when you go back to the notes, they are unreadable or unintelligible.

There is an example of this in our history. Otto Loewi, who won the 1936 Nobel Prize for the discovery that the primary language of nerve cell communication is chemical, not electrical, got the idea in a dream. He described the dream:

> *The night before Easter Sunday of [1920], I awoke, turned on the light, and jotted down a few notes on a tiny slip of thin paper. Then I fell asleep again. It occurred to me at 6.00 a.m. that during the night, I had written down something important, but I was unable to decipher the scrawl. The next night, at 3.00 o’clock, the idea returned. It was the design of an experiment to determine whether or not the hypothesis of chemical transmission that I had uttered 17 years ago was correct. I got up immediately, went to the laboratory, and performed a simple experiment on a frog heart according to the nocturnal design.*

My Dream Insight

Here is my dream and my insight. I am back at the University of Manitoba where I worked for 37 years. Many of the underground tunnels (with such a cold climate here, most buildings are linked by tunnels; during the winter, all 35,000 students circulate there underground) are a total mess with garbage all over the place and posters and stuff hanging from every square inch of the walls. Forgetting I am retired, I realize that I have to clean up the mess and begin doing it.

The second part of the dream is that my car, a red, 2000, Ford Focus is on campus. It has been stolen by two young men. Somehow, I get in the car and tell the driver that he has stolen my car and I would like it back.

The young man is very nice. He apologizes and gives me the keys as he and the other guy in the back seat get out. As he leaves, he says something to the effect that I could have the delay in the timing checked. I tell him, Yes, I know about this.

The key to this point of the story is that I had the car scrapped four months earlier. It was a very trying time, I felt as though I was euthanizing my favorite pet. In the dream*, I had forgotten* I no longer owned the car.

These forgotten items are called dream signs. They are talked about in lucid dream research done at Stanford University starting in 1975.

The point is that to get lucid in a dream, you have to recognize the dream signs. In this case, I was supposed to pick up on the fact that I no longer work at the university and no longer own the Ford Focus.

There are methods to try and recall the dream signs. These include mantras that you repeat just before going to sleep and taking Galantamine, a drug that is used to help Alzheimer's patients. None of this worked for me. I could never pick up on the dream signs.

As I awoke, I started to receive an explanation of why some folks remember dream signs and others don't.

In studying the contact modalities, it seemed clear that insights and contacts are happening, because part of the brain was being shut down, as opposed to part of the brain that is being turned on.

It is the waking, fully active brain that is causing the noise. Neurological research seems to show that once certain modules such as the frontal lobe or the parietal lobe are turned off, the noise disappears and the person can hear the signal.

That leads to people picking up songs, inventions, mathematical concepts, and many other ideas that I described in my book, *Inspired: The Paranormal World of Creativity.*

In my example, the thought came into my head that this is the same thing. I do not pick up the dream signs because something has been shut off in my brain that does not allow the rational, analytical hemisphere to say, "Hey, this is BS. You are no longer retired, and you don't own the car anymore. You are dreaming."

The part of the brain that is shut off during sleep is the left hemisphere. It gets shut off in the same way sleep paralysis occurs as we go to sleep. That stops us from sleepwalking or flailing around during a dream.

It became evident to me that during the dream state, the left brain is shut down, and the right hemisphere conducts the dream. That is why dreams contain right brain symbols and images rather than left-brain talking and writing. That is also why there are so many non-local, paranormal experiences in dreams.

It is why people cannot read in dreams. Reading is a left-brain function, and that part of the brain has been turned off. Not being able to read is the same condition that occurs in lucid dreaming and remote viewing.

It is for this reason that Russell Targ and Keith Harary used associative remote viewing, the technique was successfully used to play the silver market on the COMEX commodity exchange.[95]

Remote viewing uses the right brain. That part of the brain employs images rather than words or numbers used by the non-psychic, left brain. As the psychic right brain cannot see numbers well, Targ used "associated" objects such as a balloon, pancake, or ring to represent up, up a lot, down, down a lot, or no change. The experienced remote viewer was told to simply describe the "associated" object that would be placed in his hand on Friday morning. It led to nine correct forecasts and $120,000 which was a lot of money in 1982 when the test was run.

This same process was later used by ten inexperienced remote viewers to predict the outcome of the Dow Jones Industrial Average using the same associative remote viewing technique used by Targ:

> *For each trial in the experiment, each participant remotely viewed an image from a target set of two images, one of which he or she would be shown approximately 48 hours from that time. Of the two images in the target set, one corresponded to whether the Dow Jones Industrial Average (DJIA) would close up, while the other corresponded to whether it would close down at the end of the intervening trading day. For feedback, the viewers were shown only the picture actually associated with the actual market outcome. In aggregate, the participants described the correct images, successfully predicting the outcome of the DJIA in seven out of seven attempts…*

Investments in stock options were made based on these predictions, resulting in a significant financial gain.[96]

The right brain, as described in the other contact modalities (remote viewing, hypnosis, rapid image cycling), can make contact with the non-local world once the left brain is shut down. "Most dreaming occurs during REM, and REM has also been found to be associated with brainstem arousal, right hemisphere activation, and low-level left hemisphere arousal."[97]

The right-brain dream connection reminded me of the words of the ET Bashar who is channeled by Daryl Anka. His words popped into my hypnopompic state, "We come to you in your dreams because now you are in our world."

This I already knew, as I deal with many experiencers. Many will say, "I don't think I have ever been abducted, but I do have dreams about the aliens." If everything is consciousness, then it makes sense that our waking consciousness is a reducing valve that blocks out 99.9% of all consciousness reality. From time to time through a contact modality like a dream, we get to see a bit more than when we are in the waking state.

The next thing that happened to me, is many questions popped into my hypnopompic vision. The first was, "Who is shutting the brain down?" The obvious answer is that the brain is doing it, or so materialistic neurologists would contend. I knew instinctively the answer to the question had to be different.

The word **brain** is just a place holder or a word that is used just so that no explanation needs to be given. Is the brain running the brain? Is it a separate entity, with its brain that turns the thousands of modules in the brain off and on? If the brain shuts itself down in dreams, how does it turn itself on? If it can turn itself on, then logically it is not fully off.

This question of, "who's running the show" has been discussed in other modality sections. Who is meditating? Who is speaking? Who decides what word to say next, and who puts the words in the sentence every half second? Who is listening? Do 100 billion neurons have a giant board meeting every half second to understand and interpret the words that are coming together? Can they do this and, at the same time, have a giant board meeting to gather the words for a reply, especially if two people are

arguing? Who is listening and speaking at the same time? Is there an over-brain directing the brain, and does it have a brain?

The simplest explanation is that the mind (observer) is directing all these actions, and the brain is just the idiot in between. Materialists would use the word *subconscious* to account for all the very complex, unexplained things that are happening. The word subconscious, however, means nothing. It is like the phrase that science used to throw at religious faith, "The God of the gaps." It would be just as easy to use meaningless words like *fairies* or *the cow that jumped over the moon* to account for these complex operations of the brain.

The mind paralyzes the body during sleep. It then shuts down the left brain and runs a dream program in the right hemisphere. This is where your experiences are replayed like a person going to a psychiatrist to integrate events into the whole person, or like using psilocybin to stabilize the default node network and reset the brain.[98]

When the body wakes, the dreams will slip back into the field as the left brain comes back online, and the valve closes. That is why some suggest that you must quickly write your dreams down the moment you wake up before they are gone. It has also been suggested that you should not even move a finger before you have gone over the dream in your mind in preparation for recording it. Any movement by any part of the body will cause the left brain to realize the body is awake and to close off the connection.

Another similar connection to the moving of a body part is illustrated with the practice of having a conscious out-of-body experience, astral traveling, or lucid dreaming. We all undergo sleep paralysis each night and this protects us from ourselves thrashing around all night while we dream. One way to get yourself into an OBE/lucid dream involves tricking your mind to stay awake while your body goes to sleep (the state is called *Mind Awake, Body Asleep*). It is very hard. At one point during the process, your body will send your mind what's called a ROLLOVER signal, if you don't roll over, the body realizes the brain must be asleep and it will paralyze itself, and get ready for the REM stage. If you can stay awake through this you are ready to try to get out of your body and into the astral realm or have a lucid dream.

If a person (the observer) finds themselves in sleep paralysis, the opposite will break the paralysis. Instead of trying to move the entire body

(the observer) has to move one finger. That will give the signal to the left brain that it is time to wake up.

The final insight I gained during my experience had to do with memory. I am sure most readers have had this experience before, but haven't thought too much about it except how to overcome it.

As I scrambled to write notes about the dream I had just had, and the questions that had been posed to me, I suddenly realized that I could not remember the words "dream signs" even though I had lectured about it. The harder I tried to remember it, the farther it seemed to slip away. Where did the words go, and who was searching? Did a neuron forget where it was stowed? I could sense the word. It seemed like it was right there, but I couldn't grab it.

This has happened to me many times, and I knew how to get the word. Do the counter-intuitive thing and stop looking for it. Seconds later, without thinking about it – it just popped into my head. Now, what the hell is **that** all about?

It is almost as weird as the other missing memory that everyone has had, and everyone knows how to fix it. You are in a room and go into another room to do something. When you get there, you forget why you came into the room.

Everyone knows the magical way to find the thing you were supposed to do. Go back to the place where you first decided to do whatever it is that you just forgot. As soon as you get to the spot, the missing action pops into your head like it was hovering there is space. These are the kinds of things that need to be researched and for which the physical brain will probably not be the answer.

Dream Insights

People tend to think that inventions come from rational, analytical thought. The evidence shows quite the opposite. Some of the key inventions of the last couple of centuries came in dreams. This included the theory of relativity, the scientific method, the periodic table, the quantum atom, and the discovery of benzene. One of the outstanding stories involved the invention of Google.

Larry Page, one of the two Google founders, woke up with a vivid dream in the middle of the night. When he was 23, he had the dream about the possibility of downloading the whole worldwide web and just keeping

the links. He wrote this down immediately and started the process of making this work. This is what became the Google search engine.

Another story is told by Dr. J.J. Hurtak, who holds two Ph.Ds., and who has worked on the leading edge of consciousness research. Here is what he said:

> *I keep a pen and a piece of paper by the bed. I had two dreams that led to two books and several refereed papers…I dreamed up an equation $F+c^4/G$, which is a fundamental force in Einstein's stress-energy tensor. It is also linked to the force of universal expansion…also a key dream on higher dimensional geometries…came up in a dream and clarified and led to the theory in this book, three other books, and published papers.*[99]

Lucid Dreaming

It's a very destructive idea that the kind of astral projection notion of these entities out there they're trying to get you, and you've got to get rid of them protect yourself from them. No, it's you want to transform the demons into angels. They're messengers as it were of wholeness, and if you accept them, they transform. You give them power when you say to someone; I got to get rid of it.

-Dr. Stephen LaBerge

Neurology

During lucid dreaming, the bilateral precuneus, cuneus, parietal lobules, prefrontal, and occipitotemporal cortices activated strongly as compared with non-lucid REM sleep.

The state of lucid dreaming, or Tibetan Dream Yoga, has been studied extensively since the first work with subjects began at Stanford University in 1975 by Dr. Stephen LaBerge. The Tibetans have employed lucid dreaming practices for over 1,000 years.

The Stanford techniques were developed by LaBerge as it was the only way he could study consciousness in an accepted way in 1975 when consciousness was a bad word in academia. People wired up in the lab were able to send signals back to the researchers to show when they were awake in their dream.

The research became important because it provided perspective on normal waking consciousness. If you think waking consciousness is the only reality, then learning a second language like lucid dreaming makes you realize waking consciousness is only one language, and there are others.

What they learned is that the lucid dream state is a real and distinct state of consciousness from waking reality. The subjects in the lab called it, *More real than the real world* and that it was much more plastic than waking reality. The rule appeared to be that whatever you thought, that is what would change or take place.

Lucid dreaming is a state of consciousness devoid of sensory data. LaBerge referred to it as, "mind in pure culture."

There are many reports of people who can also tap into creations in the lucid dream state, much like dreams, and also people who have been in the UFO matrix state. Christopher Nolan's movie *Inception* was inspired by lucid dreams.[100] Andy and Lana Wachowski were lucid dreamers, who drew on this dream state to create a virtual reality world in the movie, *The Matrix*.

Hypnopompic State

All night every fiber of my brain was strained in expectation, but nothing happened until morning, and only when I fell asleep or may begin to nod, I saw a cloud, which carried cherubic figures of divine beauty. One of them looked on me with love, and little by little, I recognized in it, my mother. The ghost was flying along with the room slowly and finally disappeared. I abruptly woke up with the sound of indescribable pleasant voices. At this moment, a confidence, which cannot be described by any words, came over me: I knew that my mother died. And it was true.

-Nikola Tesla

The story of Mary Shelley's *Frankenstein* came in this waking dream state.

A LinkedIn poll on the internet of 348 'Eureka' Moments from 211 managers and professionals showed that 6.6% of the respondents claimed 'Eureka' Moments had come to them as they were waking up.[101]

Garry Nolan from Stanford University, who is doing the tests on experiencers' brains and intuition, also talks about this CM state and says there are little elves who are working at night helping him. He stated:

> *Usually, I lay out the most recent problem I need to solve in my head, sometimes just before bed… I think of all the possible parts of the problem that I can. What is the question, what would the perfect answer enable, what is a practical answer? What pieces of things could go into 'making' the answer?"*
>
> *Then, I ask the subconscious processes in my head, which I laughingly refer to as little 'elves,' to work on the problem while I sleep. You can call them elves, but I don't know what they are—I used to think they were just some version of the subconscious…want. Either I wake up with the answer or out of the blue, it just pops into my head in the next few days, more often just after waking.*

Many other people have also reported using this technique. It involves going through the work, gathering all the material, analyzing it, formulating the questions, and then letting the left brain shut down at night, which is

what it naturally does. Dreaming only uses your creative right brain, and here the mind can get the information you are looking for; it can find the answers.

When you have a dream you want to remember, the key is not to move your body at all, because as soon as you move even a finger, your left brain comes online again, and you will lose whatever you had while in the right brain dreaming state. So, go over and over what the dream was while you are still close to this state, then get up quickly and write it all down before you can't recall it any longer. As the body wakes up, the left brain comes back online and starts to shut down the filter and creates a bunch of noise, and the dream fades away.

Daydreaming

Daydreaming is a key contact modality. It is also called mind-wandering.

Jonathan Schooler at the University of California in Santa Barbara is one person who studies the link of what he calls mind-wandering and maintains that 20% of creative writers and physicists reported ideas that happened when they were not at work and not actively thinking about the challenge.

Schooler also maintained that the ideas they came up with were important. "They were as creative as the ones that they had at their desk," Schooler said. "They were more likely to involve an 'Ah-ha!' experience, where they seemed to sort of pop out of the blue, and critically, more likely to involve overcoming an impasse of some sort."[102]

As was mentioned in the earlier chapter on Intuition, there have been more than one Nobel Prize that came from this modality. The laser and the hologram were both invented during daydreams.

The principle is simple. In mind-wandering, the individual zones out, and relaxes. The left brain wanders off, and in doing so, gets out of the way. In the quiet of that moment with no brain chatter, the idea pops in from wherever it comes from.

It was daydreaming that led to my initial 2012 download enlightenment experience. I was watching a lecture by the famous crop circle expert, Colin Andrews, in Laughlin, Nevada.

I was not that interested crop circles and was zoning out. Suddenly, three different items all related to the subject of consciousness popped into my

head. The items were not new to me. I had gathered them in the past.

My ‘Ah-Ha’ moment just grabbed them and put them together in my head, so I could see how well they fit together. The moment came with absolute certainty and great excitement. I was left with the instantaneous thought that I had just solved a great mystery.

Colin Andrews tells the story where he is in the shower. A shower is also a place where many noetic (sense of revelation) experiences arise. In the shower, we are often in a quiet, meditative place, and Colin was told here, “It’s time for you to come forward, it’s time for you to tell your story.”

He immediately thought that this was something that he could not do, as he was seen by everyone as the independent scientist measuring crop circles. From the time he was a child, Colin had many UFO experiences. He said that the voice did not have to tell him specifically what he was supposed to do; he knew *exactly* what he was supposed to do.

He told the voice he wouldn’t do it, and the voice said, “No, timing is everything, and it is time for you to do it.” It was then when he decided that he would come forward and reveal that he was an experiencer.

Likewise, Charles Townes, who invented the laser, was sitting on a park bench. He had gathered all the data. He had done all the analysis and worked through all the problems. As he sat and quietened his left brain. Suddenly, in a daydream state, the idea for the laser came into his head.

Figure 9 The bench where Charles Townes received his inspiration.

I know from my download experience that the ideas come with absolute certainty. It's a different kind of thought. I sense it is special and that it is legitimate.

Another example of this download process is from Dennis Gabor, who invented the hologram. The idea came to him while he was on a park bench watching people play tennis. Like Townes, he had quieted the brain, reduced the noise and was able to pick up the signal

So daydreaming is another CM; you shut down the left brain and the noise and tap into the information in the field that is required for you to solve the laser problem.

Out-of-Body Experience

In an out-of-body experience or OBE, the person's consciousness has completely left the body, creating a state of complete dissociation.

There are many techniques for achieving the OBE experience, and the Yoga tradition has been claiming the ability for centuries.

Two main books made OBE research and study very popular. One was Sylvan Muldoon treatise *The Case for Astral Projection* and Robert Monroe's *Journeys Out of the Body*.

The Monroe Institute was founded in the early 1970s by Robert Monroe as a research organization studying consciousness. They got involved with the CIA, and there were attempts in Project Semi Lane to get intelligence officers out-of-body:

> *Officers would then listen to the 'Hemi-Sync' audio. After this, one of the institute's research associates would guide intelligence officers into the astral plane, a psychic space in which the institute said that the officers supposedly could heighten their sensory experiences, heal their bodies, travel into the past or future, or even solve real-world dilemmas without the restraints of a physical body.*[103]

According to author Annie Jacobsen, the army had looked at the 'Gateway Voyage' program that could produce OBEs and hired Monroe's daughter, Nancy Honeycutt, to redesign a program based on the Monroe Institute Gateway program for the Army. The new program was called RAPT, Rapid Acquisition Personnel Training, and "scores of intelligence

workers" signed up to have an OBE. It was written up as "a screening and sensitizing tool for ICLP."

In 2002, Olaf Blanke and colleagues at the University Hospital in Geneva triggered a partial OBE in a woman who was being brain mapped with electrical stimulation for surgery on epilepsy. A stimulus at full intensity was placed in the right angular gyrus, where the temporal and parietal lobes (both associated with many modalities) join up.

Follow-up research with people who had several OBEs, according to Blanke, showed damage to either the left or the right angular gyrus. An interesting point raised by Dr. Diane Hennacy Powell is that the angular gyrus of people with schizophrenia is larger on the right than the left, which is exactly the opposite of normal. Also, 42% of all schizophrenics' report OBEs.[104]

Lastly, there is also a crossover to the dream CM, as the angular gyrus is connected to dreaming.

The fact that these brain modules light up does not prove anything. It recognizes that these modules are involved but do not explain what is happening or from where it is coming. The most logical explanation is that the mind is in control of quieting and lighting up brain modules.

Psychic Sean Harribance was able to go out of the body when he was studied at Laurentian University. When he was on target, his right parahippocampal gyrus would light up. Another thing this study showed was the appearance of a Schumann resonance signal (the frequency that the earth itself is giving off), which is 7.83 Hz. The same laboratory showed that Ingo Swann when he was on target during a remote viewing session, was also producing Schumann resonance.

The study concluded that all the material was in the field, and when you get your brain to that frequency (7.83 Hz), you can tap into the field. The researchers created a headband that produced this 7.83 Hz frequency. They had students who would be given a target, and these people were very accurate at their psychic targets when they had the Schumann resonance frequency in the headband on their heads.

The study had students in two rooms, and one would be shown a light, and their partner in the other room would know exactly when the person saw the light.

What they found out when they wired up those people, was the same thing as with Sean Harribance. The psychic's brain was in Schumann's

resonance, and so was the person who was being read by the psychic. They would link up the brain patterns that would be the same.

The OBE has many crossovers to other contact modalities. Eighty % of all UFO experiencers claim to have had an OBE. The near-death experience involves OBEs and dreams often involve being out-of-body.

Remote Viewing

> Remote viewing is the *"acquisition and description by mental means of information blocked from ordinary perception by distance, shielding, or time."*
>
> **-United States Department of Defense definition 1986**

> *We are not teaching (soldiers) how to be psychics, we are teaching them the fundamentals of perception.*
>
> **-Ingo Swan creator of the coordinate remote viewing manual for the US army**

> *Our experience with these phenomena leads us to believe that at least part of the difference in task performance may stem from fundamental considerations closely related to the difference in cognitive styles between left and right-brain functioning.*
>
> **-Hal Puthoff and Russell Targ**

> *Anyone can learn to do remote viewing…It's a matter of intention, your ability to quiet your mind and focus your attention… it is so easy even a scientist can do it.*
>
> **-Russell Targ**

Neurology

The studies that were done at Laurentian University of the remote viewer, Ingo Swan, showed "neuropsychological assessment and Magnetic Resonance Imaging indicated a different structural and functional organization within the parieto-occipital region of the subject's right hemisphere from organizations typically noted." "The proportions of unusual 7-Hz spike and slow-wave activity over the occipital lobes per trial were moderately correlated (rho=.50) with the ratings of accuracy between

these distal, hidden stimuli and his responses." When Swan hit the target, his brain was putting out the 7.83 Hz, the Schumann's Resonance frequency.

The remote viewing contact modality is important because many of the experts who have written about the practice, such as Elizabeth Rauscher, Russell Targ, Hal Puthoff, J.J. Hurtak, and V.P. Kaznacheev, all maintain that "any person can remote view if they seriously make the effort."

This means that remote viewing is not something that only gifted people can do or something that is determined by some genetic disposition. The fact that anyone can do it means that everyone has the ability. The problem lies in learning to access the ability. Like any anomalous cognition or non-local perception ability, some will be better than others, depending on their ability to rip the filter that blocks the signal.

There were people who were good at ripping the filter. Kit Green, who was the CIA control officer for the SRI remote viewing program, talked to an investigative journalist about his experience:

> *I had conducted enough experiments with a few people (i.e., Uri Geller, Ingo Swann, and Pat Price) that it [was] clear to me that the phenomenology that had to do with remote viewing was, from time to time, one hundred percent accurate." – meaning that in certain people, it was phenomenal in the literal sense of the word. "I felt that what I found was that the people who were [almost] always right, and were doing the things that were most dramatic – the Sugar Grove experiments, the experiments with Uri Geller, Pat Price's experiments – those were not average human beings. They were much smarter than the average human being. I looked at their blood tests, their genetic tests…their IQ tests…their neurological tests and their cardiovascular tests, which had a lot to do with endocrinology. I concluded that these people are abnormal."*[105]

Remote viewing is also important because it shows there may not be any time and space when it comes to consciousness. "It is as easy to remote view in the past and future as it is now," said Russell Targ, "and it is as easy to remove view as easy on the other side of the Earth as it is in the next room." Remote viewing appears to involve non-local consciousness, which is unbounded.

Researcher Gary Bekkum describes an experiment that was going to be run between China and America to verify this idea. The idea "was to use fMRI brain scanning machines to objectively observe and record human test subjects in telepathically entangled states."

The American scientist Kit Green told Bekkum, "I want to put a remote viewer person with proven skills at receiving mentation from a sender in one magnet, and the proven sender in a second magnet simultaneously."

The ability to gain access seems to involve the same technique of blocking or quieting the left brain that is causing the noise. Targ, who co-directed the CIA Remote Viewing program stated:

> *You have to find the off switch in order to do remote viewing. This was all understood 2,500 years ago. Patanjali (a Hindu sage), a hundred years before Christ, wrote that to see into the distance and see into the future, you have to quiet the ripples in your brain waves…Society says it's nonsense, there is no such thing. What the remote viewing teacher has to do is use his conviction to convince a person to suspend their disbelief, quiet their mind, and describe their mental impressions of whatever the remote viewing teacher is offering as a hidden target… It's a matter of intention, your ability to quiet your mind and focus your attention.*[106]

The phenomenon was studied at SRI after Russell Targ presented an ESP game with a feedback element to Werner Von Braun, who was very good at it. He told Von Braun it would be a way to increase psychic abilities and that astronauts could use it.

Von Braun approached the administrator at NASA, and the first funding was provided for the SRI remote viewing experiments.

Remote viewing seems to link into other strange neurological abilities. Dr. Edwin C. May was a scientist on the Central Intelligence Agency's psychic spy program, "Star Gate," from 1975 onward, and then program director from 1985 to 1995.

He had served for decades as one of the top researchers in PSI phenomena and said there were top three remote viewers in the country – including legendary Legion of Merit honoree and United States Army veteran Joseph McMoneagle. He claims the top three remote viewers in the

country are synesthetic. These people can listen to music and visualize colors and shapes, they can taste shapes or textures.

According to Russell Targ, remote viewing can add to the knowledge we already have of the universe:

> *We don't feel that this contradicts modern physics, and it certainly doesn't make modern physics wrong because modern physics is an enormously successful body of knowledge. What it says is that modern physics is incomplete in many ways and is presently inadequate to describe the data that we have accumulated over these past ten years of research.*[107]

The most important thing about the CM of remote viewing is how it fits into the left and right brain.

When I was doing my book, *Inspired: The Paranormal World of Creativity,* I came to believe inspiration was closely connected to shutting down the left brain and enabling the right side to tap into the universe where all the answers were.

I contacted Hal Puthoff to ask him if the remote viewing program had looked at the two hemispheres of the brain. He replied that I should read Chapter 6 of the book, *Mind Reach* that he had written with Russell Targ back in the 1970s.

That chapter was called "In One Brain and out the Other – The two Hemispheres of the Brain see the World Differently." They had gone down the same road. Among the things they discovered:

- Remote viewers had a hard time reading words and numbers. This indicated the left brain was disengaged, and that the primary information processing was being done by the right brain. RVers could see that there were written signs at the sight but couldn't read them.
- In the same light, the information that was coming in the right-brain by ways such as shape, color, texture, smell, and meaning.
- The RVers were wrong on things that would be processed by the left brain, such as the name of target, size, and function. One example they used was a drive-in movie theatre that was viewed as a parking lot full of meters.
- One of the conclusions arrived at was, "all these points to the idea that remote viewing is primarily an exercise in pattern

recognition rather than analysis. In retrospect, perhaps it shouldn't be surprising that ESP is right hemisphere since the right side of the brain is known to be excellent for bridging gaps and perceiving general patterns even when some of the pieces are missing." [108]

- When Puthoff and Targ reported to Dr. Robert Ornstein and Dr. Ralph Kiernam that RV drawings were often left-right reversed, they were told that this was a characteristic of someone with left-brain damage. (In the RVers the right brain is disabling the left brain with the mind.)
- A very interesting crossover to alien contact modalities should be raised here. In 2005, Dr. Roger Leir released a book called, *The Aliens and the Scalpel.* In the book, he talks about the phenomena of supposed "alien implants" that had been removed from UFO experiencers. Leir wrote:

> *The following are other factors that were found to be significant in Derrel Sims' study of 250 alleged abduction cases. All objects were obtained from the left sides of the bodies. A significant number of other cases have been investigated that also show the suspect objects occurring in the left side of the bodies of the alleged abductees.*

As the left side of the brain is run by the right brain, this result strongly suggests that if aliens are actually putting implants into people it has something to do with the right brain and not the rational analytical brain that so interests modern science.

The last interesting item about remote viewing is <u>where</u> the remote viewer is standing in space, which seemed to influence success or failure. This gives further support to the idea that remote viewing is much more complex than first believed.

It was discovered by parapsychologist and researcher James Spottiswoode, who said that a viewer is more accurate, (up to 400% more) if they viewed at 13:30 h local sidereal time (LST). This is when the supermassive black hole of the star system Sagittarius A (and the center of the milky way) appears rising up on the observer's horizon. During this 2-3-hour period, the Earth's geomagnetic fields are at a low, which is thought to increase our psychic/telepathic abilities.

When asked about this, Joe McMoneagle said:

Does that mean that it is influenced by the black hole at the center of the galaxy? We can't say that. We have no idea why… we have no idea after almost 400 man-years of research, absolutely no idea where the information comes from, or if it comes from anywhere. It may be that we simply come into the world with all the information already inside us that we mean to use. We just don't know.

Healing

Many healing practitioners believe they are connecting to another realm or intelligence when they are healing. The belief in most of these healing modalities is that healers are only a conduit through which the energy from the 'other side' or the field flows.

Trance Healers - go into a trance state and receive communication from their guides or their client's guides. They will combine their auras with the client's aura, and healing can be transferred from healer to the client through this medium.

Reiki healers - is the practice of laying on of hands and in connecting with the Japanese symbols that the healer is given, which were created by the probable founder of Reiki, Mikao Usui. Practitioners connect with their Reiki guides and deliver the healing by using themselves as a channel and transferring the universal healing energy into the client.

Many UFO experiencers practice Reiki healing. The FREE survey shows that 47% of all experiencers claimed to be able to heal.

Reconnection Healing - this healing modality is said to connect with healing frequencies that are found in the ether which surrounds us. Information, light, and healing are engaged by the practitioner, and balance and healing are brought to the client.

Theta Healing - Vianna Stibal, founder of Theta Healing believes that:

When you're in a state-Gamma Theta, you are in a state favorable for instant healing. In the miracle of instant healing, the brain can go from 4 cycles per second to 500 per second.

The pace range disappears when a person is under anesthesia. May also be involved in binding sensory inputs into the single object that we perceive. This process is so efficient that we become aware that happens. The recordings of neurons in the visual cortex show that synchronization in the band range combines part of the cortex stimulated by the same object and not those solicited from various objects, involving the rhythms range of joining. For example, colors, shapes, movements, and the position of an object, are processed in the visual cortex in different ways, and these characteristics of the object must be combined into a single entity. This is known as the problem of the union (which might be the reason why people hoard memories floating in an unconscious state) and gamma rhythms are taught to provide the solution.[109]

Rapid Image Cycling

Dr. William Bengston, the creator of this healing technique, is also the president of the Society for Scientific Exploration. He has worked on all sorts of studies and peer-reviewed papers on paranormal phenomena.

What this CM involves is taking at least 20 'ego images. They are not called this, of course, but they are images of something like, "I want a new car, and it's going to have this and this." "I want a new house, and it is going to have this and this."

What you do is you take all these images, and you memorize them. As you think about them, you go through them faster and faster, and you flip the images faster. Then you mentally put the images on a wheel and spin them. The claim is that some people can flip 1000-2000 images per second.

What is happening here is you are keeping your left brain entertained with a task so it can get out of the way. The right brain kicks in at this point.

Bengston describes it as getting the healer out of the way. The process sends the left brain out for coffee, so to speak, and the energy can move through. Every practitioner learns to do this process of shutting down the left brain through this method, and it motivates the right brain, so the healing is coming through the right brain.

When the healer is out of the way, the energy can flow. The heat always comes out of the left hand. With the left brain detached, the right brain is

getting the signal, and it is sending the healing through the left hand, which it controls.

Heat started to come out of my left-hand during training, which left me floored. What Bengston discovered when they did the brain research on this is that when he was healing, he was going into the same frequency as the Schumann Resonance. This was also the same frequency as Ingo Swann and Sean Harribance were showing when they were hitting targets during their psychic training at Laurentian University, 7.83 Hz.

The Spirit Connection

So, from where did the idea of Rapid Image Cycling come? I was certain that it had to be a download. It turned out that a psychic friend of Bengston, by the name of Bennett Mayrick, came up with this unusual, irrational technique. (Who would think of a system to cycle images at thousands a second to cure cancer?)

I found a reference from where the rapid imaging had come. Bengston stated that Mayrick provided information on the healing technique and that answers from him, "spontaneously came out of his mouth," and, "answers would come to him as he was asked questions."

So, from what Bengston said, it was apparent that Mayrick was getting a download. I searched and searched, and finally, there it was in Bengston's book, *Energy Healing*. The Rapid Image technique had been a download from beings who operate or understand the non-local field of consciousness. Bengston wrote that Mayrick claimed he was receiving inspiration and help from spirit guides and that they followed him around. They were described as, "stereotypically humanoid in shape, without facial features, hands, or legs, as if they were wearing diaphanous sheets too opaque to see through." Later, Bengston reported that these 'fellows' had also followed him around when Mayrick was not there.[110]

Therefore, it was, in fact, spirit guides who gave instructions for the technique of Rapid Image Cycling, leading to a method for treating Alzheimer's, and the deadliest of cancers.

More interesting than the spiritual connection to the Bengston Method of the Rapid Image Cycling CM, is the very strong alien connection.

Mayrick was claiming to communicate with spirit guides who theoretically live in the same non-local world of consciousness that our left brain cuts us off from. What he described the beings as looking like is quite

similar to the #1 reported 'energy being' which are encountered by UFO experiencers. (Grey aliens are #3 although they dominate the literature.)

This is important when it becomes known that at one point, Mayrick announced that he was an extraterrestrial and that he and Bengston were here on Earth as part of a team. Mayrick claimed he was from the star system Alpha Centauri. Bengston wrote up Mayrick's claim as if it might be the words of a troubled individual.

Susy Hansen, Rapid Image Cycling, and Aliens

Now keeping in mind that Mayrick may have had an alien connection and he is the one who came up with image cycling, consider the following story from a UFO experiencer out of New Zealand by the name of Suzy Hansen.

Hansen has quite a few recalls related to her many extraterrestrial contacts. She told the story that the aliens were teaching her and other experiencers a similar type of cycling technique.

Hansen reported that in 2010, she and 200-250 experiencers were taken to an underground theater environment and told that they were about to see some images that would be disturbing. The alien in front of the experiencers said it was necessary to do. Pictures of earthy devastation started to appear on the screen slowly. They increased in speed until there were hundreds of images flashing on the screen at the same time. People were very emotional, and many were crying. It ended, and an alien came out and, by looking over the audience, sent a wave of calm to the assembled crowd. (This telepathic ability would also be non-local and therefore very right-brained.) The emotions ended, but the images remained.

Enrique Villanueva, Rapid Images, and Aliens

Another person who talked about aliens and Rapid Image Cycling is Enrique Villanueva. He is a Latin American contactee, formerly with the Mission Rahma group.

He told of an experience that he had when he was 17-years old, where he encountered an old, almost petrified tree in the Chilean Desert.

There was light coming from behind the tree, so we went to look. There behind the tree was an elder holding a book that appeared to be alive when it was touched.

In the book, there were symbols. Villanueva stated that when he passed his hand over the symbols, he could 'see' thousands of pictures running at very high speed through his mind. It was like the story of humankind. Once again, we have aliens and the cycling of images.

School Kids, Rapid Images, and Aliens

More support for the connection between Rapid Image Cycling and aliens comes from the well-known story of 62 children in a schoolyard during recess in Ruwa, Zimbabwe, on the morning of September 16, 1994.

As the children, ranging from 7-14 played, a UFO landed outside of their schoolyard, and an alien appeared. Emily Trim, an eight-year-old Canadian girl attending the school, was one of the witnesses. She spoke of her close encounter with one of the aliens on the edge of the schoolyard:

> *It was recess and broad daylight. We were just doing our normal thing, playing games. There were boundary logs along the edge of the property. One of the games that my friend and I used to play is hopping along with the boundary logs. We heard a high-pitched frequency, and from a side perspective, we saw a flash and the craft. It is very hard to describe the time at this point, so I don't know how long this all happened. All that I can tell you is that two beings were hopping along with Lisa and I. They were curious. They were not touching the ground. They were almost like they were mimicking us. All of a sudden, they were in front of us at about an arm's reach. We were frozen. Telepathic images started going across my face – communication through the eyes – that is all I can describe it as. It was just an image, image, image. One of the other girls that were standing beside me got more communication about the environment. Mine was more technology uses. (explained later to Vendittelli that there was a good way to use technology and a bad way to use it)*[111].

Researcher Luigi Vendittelli, who has worked with Trim on the case, stated there were thousands of images that were projected into her mind at a high rate of speed. Like Hansen's description, the event was very emotionally intense. Also, like many other experiencers, Trim believed that the experience carried with it an important message for the world.

In conclusion, we have six independent witnesses who talked about aliens using a technique of very rapid image cycling to heal or to present a message with intense emotion.

Cynthia Marsh

Marsh is a member of the board of BoulderExo, a UFO group in Boulder, Colorado. She is a police artist by training.

She reported to me that she experienced Rapid Image Cycling for at least three years as she woke up in the mornings.

She stated that the images she saw cycling in her brain were symbols that were simple in their structure but unlike any language, with which she was familiar.

Every morning the process was the same. As Cynthia woke up, a symbol would move across her field of vision, then a second, third, and so forth. They would start very slowly, but by the time it was over, they were moving so fast, it would be like a blur.

She had, and still has, no idea what the language was or what the symbols meant.

Ganzfeld Experiment

Neurology

The median frequency of EEG signals across both hemispheres started approximately equal in both groups, then declined substantially in both hemispheres in the control group by the end of the experiment. It declined less markedly in the left hemisphere of the OBErs and increased throughout the experiment in their right hemisphere.

One EEG study found that the Ganzfeld state generally has more alpha frequency than the pure sleep-onset (hypnagogic) period, and is, therefore, best described as a hypnagoid state – meaning that it is not a single pure state but rather one with varying characteristics of wakefulness, fantasy, and sleep-onset[112]

The Ganzfeld effect, German for "complete field", is a form of perceptual deprivation. It is, in effect, a quieting of the left brain, like one can experience in sensory deprivation tanks. Like the tank, it can produce experiences outside waking consciousness.

The technique involves putting translucent cups over the eyes and then projecting a red light into the room, which gives the sensation of closed eyes. Then white noise is heard through headphones to block audio stimulation. The Ganzfeld effect has been used in many tests on PSI abilities.

There have been numerous experiments done on the Ganzfeld effects. In the 1980s, the Journal of Parapsychology devoted two entire issues to review forty-two separate studies in ten separate labs. The results showed a 35% hit rate compared to the 25% expected by chance. The odds of this occurring by chance were one in a billion. Even skeptical Carl Sagan proposed future testing.

One of the most interesting Ganzfeld ESP tests, done with students at Juilliard, was written up as a genius and psychic experience. It is more accurately an experiment with ESP on the cream of the crop of right-brain successful academic musicians, drama, and dance students. (Juilliard School has such a strict admissions process that it is estimated music students there are in the top 0.1% internationally.) ESP and music are both recognized as right-brain activities.

There were twenty students in the 1992 experiment. There were eight music, ten drama, and two dance students.

In the test, one student in an isolated room (electrically shielded and soundproofed) would be outfitted with the Ganzfeld setup.

Down the hall, a ‘sender’ and researcher sat at a television screen. The sender focused on a randomly-selected image or video clip playing over and over, and while watching it, used their mind to connect with the student in the isolated room.

The gifted ‘receiver’ student was asked to begin articulating his or her thoughts out loud. The ‘receiver’s’ voice was recorded and communicated to the sender and researcher.

The results were astounding. The overall success ratio in identifying the image targets was 50%, double the chance of expectation. Six of the eight musicians obtained “direct hits” of 75%.[113]

Some were stunningly accurate as one sender described:

> *I can still recall the feeling of chills up and down my spine as the drama student described what I was watching, including the highly unlikely image of the lizard opening and closing his mouth at exactly the moment I was watching it on the video*

feed. This experience has stayed with me over the years as I have considered the nature of the evidence for [intuition] and the debates over what is true about the limits of our consciousness.[114]

The Ganzfeld effect falls directly into the pattern for contact modalities, creating dissociation from the left brain by reducing audio and video stimuli, and enhancing the PSI component by using students considered especially right-brained.

The estimate is that more than a hundred PSI-Ganzfeld studies have been conducted worldwide. Parapsychology has come to see Ganzfeld as a repeatable PSI experiment that people control carefully. The left-brain interpreters of those who find this challenging by the results have naturally confronted Ganzfeld on a host of counter explanations.

Schumann Resonance

The Schumann Resonance refers to naturally occurring, extremely low frequency (ELF) electromagnetic waves that inhabit the space above the Earth and below the ionosphere. They come in at 7.83 Hz, 14.3, 20.8, 27.3 and 33.8 Hz. They have some unusual but strong connections to the paranormal, and also to health and well-being.

When Bengston started to do an EEG of his brain during healing sessions, he came across the very unusual effect that when the healing took place, his brain would be producing a Schumann's Resonance pattern.

Even stranger was when the EEG was performed on the person who needed healing, and their brain went into the same pattern as Bengston.

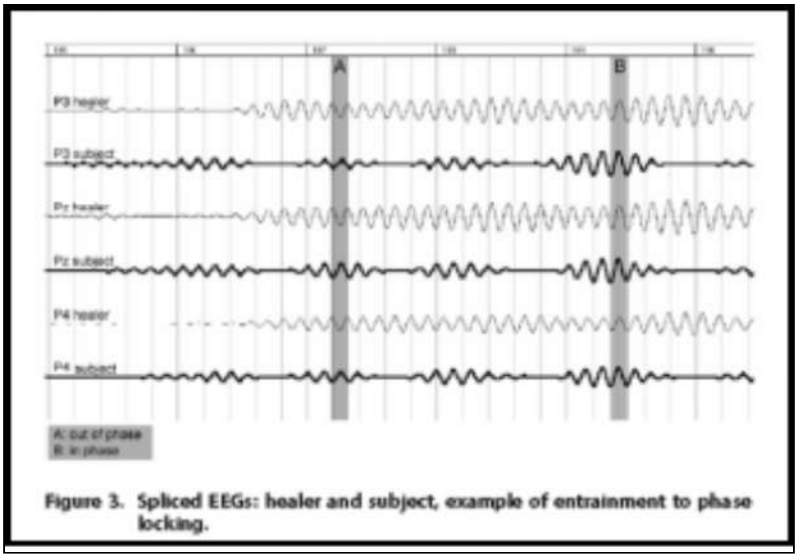


Figure 3. Spliced EEGs: healer and subject, example of entrainment to phase locking.

Bengston was one of the authors who presented this key evidence for a peer-reviewed paper:

> *The healer's EEG data showed harmonic frequency coupling across the spectra, followed by between-individual EEG frequency entrainment effects, and then by instantaneous EEG phase locking. These results suggest the presence of a connection between the healer and the subject. We observed the healer producing a pattern of harmonics, consistent with Schumann Resonances, with entrainment of the subject's EEG by the healer's resonance standing waves, and with eventual phase coupling seen between the healer and subject-paired EEGs. We speculate that Schumann's resonance-based standing potential effect might serve as a connectivity mechanism underlying healing.*[115]

Bengston is not the only paranormal investigator who employs this Schumann's Resonance phase locking. It was also seen in the EEGs done on psychic Sean Harribance when he was being studied at Laurentian University.

The International Journal of Yoga reported on what became known as the 'Harribance configuration':

> *(fMRI) activity within the right parahippocampal region of a gifted person (Harribance) while he experienced an accurate telepathic impression…The activation of the right*

parahippocampal region during 'telepathic' tasks does not reveal the nature of the information being accessed or where (and even when) it has been represented. Persinger offered quantitative evidence by calculations that information from action potentials could be represented within the space occupied by the geomagnetic field by access through the Schumann resonance whose fundamental frequency is about 8 Hz.[116]

Persinger also did work with Ingo Swann and found the same Schumann Resonance whenever Swann was hitting the psychic target:

Swann was asked to sit in a quiet chamber and to sketch and to describe verbally distant stimuli (pictures or places) beyond his normal senses. The proportions of unusual 7-Hz spike and slow-wave activity over the occipital lobes per trial were moderately correlated (rho=.50) with the ratings of accuracy between these distal, hidden stimuli and his responses. A neuropsychological assessment and Magnetic Resonance Imaging indicated a different structural and functional organization within the parieto-occipital region of the subject's right hemisphere from organizations typically noted.[117]

This Schumann Resonance connection inspired Persinger to create a helmet giving off the same frequency, 7.83 Hz. With it, Persinger could create psychic people. He detailed the experiment:

What we have found is that if you place two different people at a distance and put a circular magnetic field around both, and you make sure they are connected to the same computer, so they get the same stimulation, then if you flash a light in one person's eye, the person in the other room receiving just the magnetic field will show changes in their brain as if they saw the flash of light. We think that's tremendous because it may be the first macro demonstration of a quantum connection or so-called quantum entanglement. If true, then there's another way of potential communication that may have physical applications, for example, in space travel.

Note on Schumann's Resonance

When I asked my co-author, Desta, about the Schumann Resonance she wrote out an interesting observation on how Schumann Resonance applied to contact modalities, which she practiced, and the importance of this frequency across other modalities. She wrote:

> *When I met you, I was obsessed with connecting all this paranormal stuff to the Theta brain state.*
>
> *At the time, I was doing out-of-body training and hypnosis training, both of which require you or the subject to be in a theta brainwave state. This is the state we all experience just before we slip into sleep, and also is the time when experiencers see lights in the room, shadow people, have precognition, etc. I have always had these hypnogogic hallucinations during this time too...so I was looking into this and what I found was that 7.83 Hz is the Schumann Resonance, AND IS THETA.*
>
> *So what is happening here, I believe, is that being in this frequency of 7.83 Hz, we are able to connect easier, see through the veil, heal ourselves or others, or pull information from the field. Is seems to be a bridge to allow us access.*
>
> *Theta is 4-8 Hz, so the Schumann is right in there at 7.83 Hz.*
>
> *My Biotuner (REFERRED TO BELOW AS ROBERT BECK DEVICE), which I use to get into the state where I'm able to switch into the right brain and channel is set to pulse at 110hz (plus 7.83 Hz!! The SCHUMANN resonance!), which is designed to bring you into theta.*
>
> *Other healing modalities that I practice, such as reiki, dowsing, hypnosis, channeling, etc., works best when you are in a deep meditation state, which is also the Theta state or Schumann resonance.*
>
> *So, I put together these snippets from various places online:*
>
> *Dr. Joe Dispenze says, "As far back as we know, the Earth's electromagnetic field has been protecting all living things with this natural frequency pulsation of 7.83 Hz. You can think of this as the earth's heartbeat. The ancient Indian Rishis referred*

to this as OHM or the incarnation of pure sound. Whether by coincidence or not, the frequency of 7.83 Hz also happens to be a very powerful frequency used with brain wave entrainment as it's associated with low levels of alpha and the upper range of theta brain wave states. This frequency has also been associated with high levels of hypnotisability, suggestibility, meditation, and increased HGH (human growth hormone) levels, in addition to increased cerebral blood-flow levels while this frequency is being stimulated.[118]

"Numerous scientific studies have shown a positive correlation between various PSI phenomena and the 7 – 8 Hz range of human brain waves, which also just so happens to correlate with the fundamental Schumann Resonance at 7.83 Hz."[119]

"Michael Persinger, Ph.D. of Laurentian University in Canada, has conducted several scientific experiments that have led him to theorize that the 7 – 8 Hz range of brainwave frequencies acts as an entraining frequency to link the human mind and brain with the Earth's geomagnetic field."[120]

PSI researcher Lian Sidorov said, "For a decade, Robert Beck researched the brain wave activity of healers from all cultures and religious backgrounds (he enumerates psychics, shamans, dowsers, Christian healers, seers, ESP readers, kahuna, Santeria, Wicca practitioners, and others). Independent of their belief systems, each exhibited 'nearly identical EEG signatures' during their 'healing' moments: a 7.8-8Hz brainwave activity, which lasted from one to several seconds and which was 'phase and frequency-synchronized with the earth's geoelectric micropulsations – the Schumann Resonance.'"[121]

Channeling

In the next few chapters, we are going to share with you some of the most recent and fascinating brain scans we've done, and they share one thing: activity in the frontal and parietal lobes rapidly decreases. This

unusual neural activity…is associated with radical shifts in consciousness, something that appears to occur when a person experiences Enlightenment.
-Andrew Newberg and Mark Waldman from their book "How Enlightenment Changes Your Brain

I have always found channeling to be one of the most fascinating and yet useful of all the contact modalities. In this modality, both ends of the communication channel are open and participating.

There are three different levels of channeling. Each of these levels represents consciousness states that move farther and farther away from waking consciousness.

According to my earlier chapter on The Bubble Machine Illusion, the waking consciousness provides the most inaccurate view of reality, so at least in theory, channeling has provided a way to create various levels of dissociation to move away from the waking reality illusion.

1. Relay – The channeler is relaying messages back and forth from some being or entity that is outside of the waking consciousness state.
2. Co-conscious – Same as relay except the being or entity is providing highly complex or evolved ideas that are beyond the knowledge of the channeler.
3. Trance – This is the deepest level of trance, and therefore may provide the clearest signal to whatever intelligence it is that the channel is interacting with. In this state, the being or entity takes over the body and voice of the channel, and the channeler is effectively no longer involved.

Skeptics have long discounted channeling with such beliefs as, "In reality, it is usually just bad acting, sometimes combined with a bit of cold reading to impress the rubes."[122]

As discussed earlier, when channeling is occurring, the frontal lobe quietens down. This may represent a surrender to whatever is on the other side, because the frontal lobe is the 'control panel' for personality, and cognition is controlled. This would create a non-noise state where the ego surrenders instead of trying to dominate the thoughts.

The parietal lobe also becomes quiet. This module gives us the illusion that we are separate from all that is around us. When that illusion noise is turned down, the awareness of oneness begins to develop.

This oneness experience is reported in many contact modalities such as channeling, chanting, NDEs, psychedelics, and deep meditation. Fifty-five

% of UFO experiencers who answered the question on the FREE survey said that during their experience, they were talked to about Oneness.

Here are a few related stories about Oneness. Experiencer Bret Oldham confronted a tall gray alien on the ship with the question, "What is your concept of God?" The reply was, "We are one with the one who is all."

The famous alien Bashar, channeled by Darryl Anka, reports that there are only five laws in the Universe. The third law is, "The One is the All, and the All is the One."

The famous musician Sting talked about his Oneness experience during an ayahuasca experience in Brazil:

> *There was something coursing through every cell of my body like an intelligence searching everything, and I am wired to the entire cosmos. I look at the ground, and I see a crack in the ground. Inside that crack, there is a little flower growing, and it's my brother. Everything. I realize this is the only genuine religious experience I have ever had.* [123]

Channeled Automatism Art

Jackson Pollack and Salvador Dali are said to have painted some of their pieces in this fashion. Automatic drawing or painting, similar to automatic writing, are forms of art where one uses their unconscious self to rise to the surface and take control over their hand. This tapping into the creative self was popular in surrealist artists during the 20th century and was considered a noble way to unleash one's creativity. Artists would use unconscious tools such as dreams, drugs or trance-like states to dive deeper inside themselves. [124]

Trance Channeling

Trance channeling is the deepest level of trance where the consciousness of the entity being channeled takes over the body. When the channeler comes out of the trance, they remember nothing.

The state is very similar to multiple personality disorder people, now known as Dissociative Identity Disorder, who have no recollection of what happens when they dissociate, and an alter completely takes over the body.

Despite the beliefs from skeptics that the channeler is just play-acting, there is now neurological confirmation that something quite unlike normal

waking brain states is taking place.

During trance channeling, many things change. EEGs show the channeler is producing a gamma signal of 45-50 Hz. This is the same brain signal that stunned Richard Davidson at the Center for Investigating Healthy Minds at the University of Wisconsin, Madison when he studied the brains of long-term meditating Buddhist monks.

Davidson commented on the state, which would also apply to Bashar. “What we see are these high-amplitude gamma-oscillations in the brain, which are indicative of plasticity, —meaning that those brains were more capable of change, for example, in theory, of becoming more resilient.”

Like meditating monks, Bashar can hold this pattern through an entire channeling session.

Relay channelers are the people who are talking to beings back and forth in complete dissociation, which could mean the furthest from “the field.” Trance channelers cannot remember anything when they come back. Sometimes like Anka, they sense they are in a dream.

This same pattern can be found with Multiple Personality Disorders - now referred to as Dissociative Identity Disorder. Usually, these people have been abused and traumatized as children, and their personality splits. Alters are created, and people can have 20 or 30 or more different personalities that come in to take on the pain of the child.

Each different alter has different personalities, different ages, different ways of speaking, but they can also have different eye color, different blood sugar levels; one can have high blood pressure, and the others won't. They can be male or female, and the person I spoke with said one of her alters could speak Italian, and she couldn’t. Another famous case in America was a man who was arrested because one of the alters was stealing; he claims that one of his alters wrote and spoke fluent Arabic, and another could write and read in Croatian.

We see there are these bizarre things that show a sort of paranormal ability to tap in, and it’s again a dissociation process where you are shutting down the left brain.

Who is Channeling?

If people take a close look at the channeling process, it becomes evident that something very mysterious and important is going on.

Skeptics will point to the impossibility of words coming from a non-local field, Akashic field, or alternate reality.

They immediately assume the words are coming from the brain of the channeler and nothing more.

The $64,000 question is, where are the words coming from when the channeler is in waking reality? Where do the words come from when anyone speaks?

Research shows that a human being can talk at 110-150 words a minute. I can talk a bit faster than that.

This means that a person is speaking two words a second. Where are those words coming from?

The immediate reply is that the brain is doing this. That reply is known as the naming theory. Give it a name, make it go away, so you don't have to explain it.

If you think about the reply, you have to go, "Really?" Do you believe that? It quickly becomes what Terence McKenna used to call a "limit case for credulity if you can believe that you can believe anything."

If this were true, it would mean that 100 billion neurons would have to have a board meeting ever half second to put the next word in the sentence. They would have to decide what word is going to be used, and then some neuron would have to go and find it, and then stick it in the sentence.

Next, you would need some neurons in the same half-second that would have to add an accent and grammar-check it.

Other neurons would have to figure out how to move the tongue, and the lips, and provide the proper facial expression.

As most people talk with their hands, neurons would have to make the hand movements, as well as the head movements, and any other body movements that take place while a person is talking.

All of this would have to be done in a completely seamless manner, and for some people in multiple languages.

In the next half-second, this whole process involving 100 billion neurons all working as one would have to be done again.

The next problem is, how do the neurons know what to talk about? Even the person talking doesn't know what is coming next. Do the neurons have enough time in the giant half-second board meeting to develop a train of thought to follow?

If you carefully observe yourself talking, you will realize that you have no idea what you are going to say 15 seconds from now or even one second from now. You know, however, that in one or 15 seconds, you will be saying something.

The observer's mind knows where the conversation is going, but how is that relayed to the brain every half second. The words just come like they are being channeled from the Akashic field or another dimension.

The skeptical left-brain interpreter will beg to differ, but it's all channeling. The words we speak each day just come out of nowhere. They are channeled. The memories are pulled like a giant Google search engine and seamlessly entered into the story.

The channeling of waking consciousness is an amazing thing. Relay, co-conscious, and trance channeling are the same process.

The same mysterious process of pulling the words from a deeper source or level of knowledge seems to be at work in the following instances: People with highly superior autobiographical memory (HSAM) can pull material from the past that we can't; or that savants can tell you which day of the week it is for any day of any year; or that a musician can get an entire symphony in a dream. Neuroscientist Elizabeth Jonas had an "idea pop in my head" and got the notion to create a piece of equipment to help her to record channeled activity from a membrane inside the cell. Her idea was to use two electrodes, one nestled inside the other… and it worked! How about the case of a 10-year-old boy who had "the seeming ability to process two sets of information simultaneously and in parallel."[125] He was able to have his brain work on 2 problems at the exact same time. Lastly, how is it possible that synesthetes can see color with music or taste sounds?

It's just a different level of access to a mental process that is very mysterious no matter what level it is coming from – waking or trance.

Some channeling can be very dramatic such as in the case of Rosemary Brown. She was a British housewife whose childhood was marred by a bad-tempered father. He may have caused the dissociation that allowed her as a child to see the spirits of the dead. One of those spirits she later identified was the Hungarian composer, Liszt. He appeared to her when she was aged seven, promising to return when she had grown up and was going to 'give her music.'

Brown later exhibited an impressive skill to produce compositions that she claimed to have received by channeling the spirits of composers such as

Bach, Beethoven, Berlioz, Brahms, Debussy, Delius, Grieg, Handel, Monteverdi, Mozart, Poulenc, Rachmaninov, Robert and Clara Schumann, Schubert, Scriabin, Johann Strauss, Stravinsky, Gershwin, and John Lennon. She composed more than 500 pieces with very little musical training.

She also channeled poetry dictated by Emily Bronte, Elizabeth Barrett Browning, Rupert Brooke, William Blake, Samuel Taylor Coleridge, John Keats, Edward Lear, Percy Shelley, William Wordsworth, and John Betjeman.

Finally, she channeled painters - artists such as Turner, Blake, and Van Gogh, and she did some healing. Brown had a very clear CM.

A final point on channeling is that with many channels, the process often started with Ouija boards like Jane Roberts with Seth or through automatic writing, such as Francis Swan, who channeled the alien AFFA for Navy intelligence.

They usually moved quickly to direct channeling without aid. In the example of Seth, Jane Roberts and her husband used an Ouija board as an experiment after Roberts had her first dissociated experience, where she received information from the Seth entity. After one month, Roberts was doing direct channeling and resulted in thousands of pages over the next 20 years until her death.

Automatic Writing

Neurology

The experienced psychographers showed dramatic lower levels of activity in the left hippocampus (limbic system), right superior temporal gyrus, and the frontal lobe regions of the brain during psychography compared to their normal (non-trance) writing. The frontal lobe areas are associated with reasoning, planning, generating language, movement, and problem-solving.

Research done by Dr. Andrew Newberg and Mark Waldman at the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University involved studying mediums who do automatic writing, also known as psychography. They were tested in scanners to observe their brain activity.

There is an upcoming chapter on Mediums, so it should be pointed out that there are different levels of mediumistic trance, from light to complete

trance mediumship. The studies on mediums by Dr. Newberg only involved light-trance mediums.

The research done by Newberg is important because it shows that the person is not making it up, as many in the past have claimed. Mediums and especially physical mediums are often considered to be total frauds.

As pointed out above, the mediums showed dramatic brain changes: 1) dramatic decrease in frontal lobe activity (similar to the pattern seen when people speak in tongues) 2) dramatic decreases of activity in the temporal lobe.

Newberg and Waldman commented that:

> *It's as if their communication center was being taken off-line during the psychography practice ...instead of purposefully forming words, as we might do in a normal conversation or when writing a letter to a friend, these mediums tap into a unique state where language appears to flow from a different source.*[126]

The other interesting thing that the two authors pointed out about the subjects doing psychography is that they were able to go into their trance state, like Pentecostals speaking in tongues, in only minutes. This compared to the fifty or sixty minutes it takes Buddhist monks or Franciscan nuns who then found the same state.

SPECT scans of 5 experienced Brazilian mediums doing psychography showed lower levels of activity in the left hippocampus (limbic system), right superior temporal gyrus, and the frontal lobe regions of the left anterior cingulate and right precentral gyrus.

The five, less-experienced psychographers had very different scan patterns, which indicated they might be trying to force the practice.

The Brazilians also found in their study that the more experienced mediums showed higher complexity in their writing. This is probably common in all anomalous consciousness material such as that produced by channelers, or in 42% of all UFO experiencers who reportedly had "scientific mathematical and technical material in their head that they did not learn in school." I have seen some of this, and it is often way beyond the understanding of the experiencer.

This complexity of the Brazilian psychography material was strange because it would be expected that there would be a corresponding rise in

activity in the frontal and temporal lobe language areas. This did not happen.

The researchers commented, "Maybe there really is some type of external 'communication' coming to these people."[127]

Brazil and South America are hosts to numerous people doing psychography. Brazil, for example, is the home of Chico Xavier. Throughout his 60 years in the field, he wrote 496 books and several thousand letters using psychography. He sold 50 million books, with all the money going to charity.

South America is also the home of the Mission Rahma group. This group started in January 1974, when brothers Sixto and Charles Paz Wells were doing psychography. They received a message from what claimed to be an alien named Oxalc.

They expressed their doubts about him and asked for proof. The next message they received told them to go to the desert, south of Lima, Peru at 8:00 pm. They went, and a UFO appeared on cue.

They attempted more psychography and had more sightings at other pre-set places and times. They invited their friends, and they too saw the UFOs.

The whole psychography practice turned into a group known as Mission Rahma that has spread around the world with 25,000 members. A large part of the group's work is obtaining psychographic messages through group members who became known as 'antennas.'

The way the process works is that the antennas receive the messages. There have to be two antennas who get the same message; otherwise, it is not considered legitimate. The messages include philosophical messages and locations and timing of UFO sightings that are then called 'programmed sightings.'

All the psychographic messages received by this group since 1974, have been cataloged.

I was involved in a couple of these cases. In August 2017, I was with Desta at a Ricardo Gonzalez meditation gathering at Mount Shasta, California. Two people (the 'antennas') received psychographic messages that stated there would be a programmed sighting at 9:33 pm on August 19.

At 9:33 pm, right over my head, there was a brilliant flashing object that didn't move but flashed eight times over 20 seconds.

Luckily, I was also involved in researching two other UFO events, led again by Peruvian contactee Ricardo Gonzalez, which was preceded by psychographic messages at Mount Shasta in 2014 and 2015. These events

were much more dramatic than the flashing lights I saw. They involved the appearance of what the Latin Americans term a Xendra (portal) on the edge of the forest. In each case, more than six witnesses saw an alien by the name of Antarel.

Almost all the witnesses I interviewed on camera, told the same story.

The most amazing part of the 2014 event was the fact that six antennas received the same psychographic message that a Xendra would be opened. One, who received the message many days before, drew an accurate drawing of the Xendra and who would be in it.

A final story of the psychographic contact modality comes from the very early days of the modern UFO era. It happened in Ottawa, the capital of Canada, inside the flying saucer investigation for the government known as Project Magnet.

The program was being run by Wilbert Smith, the head radio engineer for the government. He was a contactee. He was also in communication with two aliens, AFFA and TYLA.

One of the methods of communication was psychography. The Canadians used the term automatic writing.

Frances Swan, who was advising the Canadian government, was using this process, and the Canadian government was tracking everything that she was saying. After using the automatic writing process for a short while, she progressed to the point where she could get the messages without automatic writing.

In 1959, Swan taught a Navy intelligence officer to do automatic writing. Then, that officer made contact with an alien by the name of AFFA. That whole story was told in the 1974 documentary, *UFOs, Past, Present, and Future.*

Wilbert Smith, who ran the Canadian government program and his wife also used automatic writing to obtain messages. They, in fact, also dealt with AFFA.

Mediumship

Critics consider the practitioners delusional but the research disagrees. A recent study of 115 spirit mediums found that they had a low prevalence of psychiatric disorders and were well adjusted socially compared with the general population.

-Dr. Newberg Thomas Jefferson University

All mediums are psychics because we can pick up vibrations – which psychics do – but psychics don't emphasize spirit evidence of those who have passed on.

-Neal Rzepkowski, M. D.

Mediumship provides some of the strongest evidence for a dissociation causing the ability to separate from waking reality and talk to dead people, aliens, or spirits.

Unknown to many people, there has been much scientific work done on mediums.

Mediums, like athletes, seem to have different levels of ability. One extensive triple-blind study done by Dr. Gary Swartz at the University of Arizona showed that of the eight studies on mediums, three were "exceptional," two were "very good," one was "above average," and two were "at chance levels."

Mediums provide some of the best indications that they can dissociate and tap into the field as they pull out information far beyond the educational ability of the medium, which is usually limited. Medium, Stephen Hermann described the process as "raising my vibration up, and I have allowed my mind to be receptive to receiving mental impressions from the personalities in the spirit world. What I have learned to do is mentally dissociate or get out of the way."

Another example would be Francisco de Paula Candido Xavier, a Brazilian medium who had his first experience with automatic writing in 1927.

He was nominated twice for the Nobel Peace Prize. He finished his first channeled book in 1932 called, *A Collection of Poems from Beyond the Grave*. He went on to write 412 books channeled from a collection of spirits, and that dealt with the subjects of religious teachings, novels, poetry, theater, and works of philosophy and science. His books sold 50 million copies, and all the profits went to charity.

Another is Florencio Anton, who began his mediumship with spirit people at the age of eight. He began with spirit voices, then automatic writing, and then dead artists started working through him. Anton gave 108 demonstrations for 20 years producing over 5,000 paintings by over 100 artists, never repeating a painting.

Then there are direct voice mediums who can create a voice box in mid-air through which the entity or spirit talks through. Afterlife researcher Betty Greene described the process this way: Betty Green

> *In everybody, there is a substance known as ectoplasm. This substance is a life-force, and a physical medium has a great deal of it and, therefore, is the chief power-station. From this ectoplasmic substance, we are told, chemists on the 'other side' fashion a replica of the vocal organs and reproduce what is known as the voice-box, or in some cases, we have heard it referred to as a mask. Perhaps in this modern age, we might refer to it as the etheric microphone.*
>
> *If you were to take an infra-red photograph during a direct voice séance, you would see cords of ectoplasm emanating from the solar plexus of each sitter and the medium. The emanation from the latter, of course, being the greatest. And all these cords joining up to form what looks like a ball of mist, or the voice-box.*

In 2019, I met a man in Big Bear Lake California who called himself the Big Bear Lake Medium. Thinking trauma may have been a catalyst in his becoming a medium, and I asked him if he had experienced a near-death experience. He said his ability came following an operation that didn't go well. He almost died.

Dr. Carlos S. Alvarado described his study of Brazilian mediums whose gift was:

> *Often associated with childhood abuse experientially cut off from the outside world; it is frequently accompanied by vocal and motor automatisms, lack of responsive awareness, and amnesia.*
>
> *This phenomenon seems to depend not only on suggestions and on group expectations, but also reflects low self-esteem or an impaired self-concept, which tends to increase in unfavorable socioeconomic conditions, and in people with a history of childhood trauma, repressive education or lack of affection."*[128]

Another type of medium from whom we can learn is a physical medium. These mediums make contact with what they believe are spirits, and they produce evidence in the form of physical effects such as table tipping, table levitation, partial or full-body materializations, and the manifestation of apports. These apports are usually polished, glass stones (milled stones), jewelry, coins, or religious metals.

One of the more prominent cases involved Brazilian spiritist medium, Amyr Amiden, who had the ability to produce apports, sometimes referred to as souvenirs, from the spirit world. Amiden seems to operate in the zone between a light trance and deep trance mediumship.

He was investigated in depth by Dr. Stanley Krippner and a team of researchers formally from Saybrook University. Krippner and Michael Winkler set up a scale of events to be investigated, which included a five-point 'Anomaly Observation Scale' for team members to use for rating occurrences they witnessed:

1 – no apparent anomaly
2 – slight degree of an apparent anomaly
3 – moderate degree of an apparent anomaly
4 – high degree of an apparent anomaly
5 – extraordinary degree of an apparent anomaly

Krippner describes how his team observed over ninety instances of objects simply appearing in mid-air and dropping to the ground in front of startled observers. The objects included semi-precious stones, medallions, and even jewelry. Many research papers were published regarding these observations. Furthermore, the research team was able to record various physiological and geomagnetic measurements while the phenomena occurred. Krippner's studies are probably the most extensive, scientific observations of apports on record.

Here are some of the many experiences of apports the research team experienced:

> *Over the course of a week, we recorded some ninety-eight anomalous phenomena, and I had the student rate them on a little scale that I had designed ranging from not anomalous at all - not puzzling at all - to very anomalous. It was on a one-to-five scale. The ones that were not anomalous at all were dropped, but only four of them were dropped. The others had some degree of puzzlement with them. There were some 90 different strange occurrences…Let me just give you an example of some of the airports that fell out of nowhere.*
>
> *There was a Brazilian senator who came with his wife, and he had told his wife about Amyr, and he asked, "could Amyr produce something?"*
>
> *Amyr said, "Oh, it depends upon the spirits, but I think the spirits like her. Then, plunk, a ring came out of nowhere and fell on the floor. It fit her exactly, and so she was very happy. She now had a souvenir from the spirit world, so to speak."*

Roberto Crema, who was a psychologist on our team, said to Amyr, "My daughter's having her 12th birthday, and she's looking forward to a gift."

"Well," he said, "it depends on the spirits. I can't do this myself." Plunk out of nowhere on the floor came a little ring with 12 rhinestones in it, and it fit his daughter perfectly he told us the next day.

The most common objects were colored stones; these are what we call milled stones. You take ordinary stones, and you run them through a mill, and they come out looking like semi-precious stones. Several dozens of these appeared. If they landed in front of a person, that person got to keep them.

More interesting were the religious medallions which go back maybe a hundred years with Latin inscriptions on them… it was interesting that the design on the religious medallion had some connection to the person whose feet it landed on. Pierre Weil sort of focused on the ones that seemed to be written in Latin, because he had a background of knowledge of Latin, and he was originally from Europe.

The medallions that fell to me were more generic in nature in terms of showing Jesus Christ with a lamb symbology– Jesus sacrificing himself for the benefit of humankind. Even though Amyr was raised Muslim and not Christian, all of the medallions had some connection with Christianity… Once we got back home, I did the statistics, and we had an anomaly for each of these events that correlated significantly, interestingly enough, with the geomagnetic field. The higher the geomagnetic level, the more anomalous the experience. It was just the opposite of what we found in our dream tool under the experiments, and that was the lower the geometric field, the more likely the telepathy was.[129]

The second important physical medium is Kai Muegge. He is a German physical medium who has demonstrated both spontaneous apports falling from mid-air and also through portals that form in his eyes, nose, and ears, and he can also form portals through the ectoplasm.

Unlike Amiden, Muegge appears to be a complete trance medium, where he is no longer conscious or in control. Whatever he is dealing with is

running the show. This is similar to trance channelers or people with dissociative identity disorder who have an alter completely take over. In all these cases, the individual is no longer in control of the body and is unconscious of what is going on.

Deep trance mediums are identified by the following body changes: 1) A slowing of the heart rate 2) Slow, deep, and steady breathing pattern 3) No rapid eye movement or REM 4) Lowering of body temperature 5) Reduced response to touch and pain 6) Unconsciousness as opposed to awake and responsive 7) Most importantly, the voice pattern, inflection, and general manner of speech change.

This is the way Muegge described where he goes when the séance activity starts:

> *There is actually a meditative inner room or outer room – whatever you want to call it. I have been using that room for many, many decades as an inner room I retreat to. I make my body empty to hand it over to the spirit. This is a visualized inner room, and I visualize myself there.*
>
> *There is this silver cord thing going to my body, that always reassures this body will stay mine. It will not be overtaken forever by the spirit. In the end, I will always slip back into my body because, after a time, the spirits lose grip of my body. They have to leave my body, and that is when I slip back into my body. It is a meditative inner room.*[130]

Like other physical mediums, Muegge has come under several attacks from skeptics who have a problem with the idea of physical items being manifested from non-physical sources. This would make sense because if anything he does is real, the materialists are basically out of business, and their world paradigm goes up in smoke.

Like other skeptics of this belief system, the materialists are playing the game, “I know, and you just believe.” Sometimes this is known as ‘tobacco science,’ in that it is the idea of the past holding on against changing beliefs.

In all the different standoffs of belief systems such as democrat versus republican, conservative versus liberal, pro-Trump and anti-Trump, global warming versus anti-global warming, Christian versus Muslim, US nationalism versus globalism, and scores of other belief systems, each side can marshal Ph.D.’s who are willing to argue their position. Each side

produces its caveats and qualifications about the opposing message. Most importantly, each side also claims science, or reason, or God is on their side.

It is obvious that if there is an answer, 50% of the experts on one side will be wrong. Besides, the Holy Grail of science that they knew was on their side will be wrong. It is obvious that science, or God, cannot be one both sides, which means people are embedded in faith-based belief. That, however, never occurs to those on either side.

Like other noisy negativists, as Stanton Friedman (nuclear physicist and ufologist) would call them, the opposition to the new idea is almost instantaneous, and those making the attack have done no research. They are speaking from belief, which in society generally only changes when there is a funeral.

Muegge and his wife Julia had had, "dozens of episodes when objects were falling from the ceiling or were building from the medium's body directly. Objects had appeared and disappeared in his social environment also when Kai was not even present - but very rarely only - even though it's a fact this has indeed occurred." Of great interest was the master stone apport that appeared in December 2018.

The event occurred while Kai, sitting in his living room, was Face Timing with his wife. At their website, the story is told:

> *Suddenly Kai seemed to be distracted, but just a bit, instantly refocusing back onto the conversation. But then Julia as well through the phone heard things somehow shatter on Kai's side and saw him rising from the sofa, with her 'in his hands' online: 'What's going on out there, it's the second time now, I just heard something before!' he said.*
>
> *'Look!' He turned the camera for Julia to see…*
>
> *Having returned late the day before after an exhausting one-day-trip to Basle to see a famous speaker, Kai had left in his floor-cupboard a typical small paper bag containing 3 CDs and a used bottle of water.*
>
> *Julia could see through the screen these items now spread onto the floor, and the bag lying fell aside in the cupboard.*
>
> *'Oh, the bag fell aside!' Kai said when he was approaching the items on the floor. Meanwhile, at the same time, he grabbed for the paper bag to lift it back up when something strange was*

happening. The bag adhered to the cupboard, and with the drive of Kais move, he ripped the bag right open to half.

He turned his head and looked closer and was stunned: 'Julia, you won't believe it!'

There inside the bag was an 'Activation Stone' of unbelievable size. It had a span of 21.5 cm with a weight of 4.2 kg.

Muegge has been investigated by researchers Dr. Stephen Braude and Leslie Kean dealing with his levitation of tables.

There are many other studies of physical mediums and apport phenomena like the famous Scole group investigation. They will be the subject of another book. Lastly, there is direct voice mediumship. The spirit voice does not come directly through the medium's lips, but rather approximately three feet above the group and completely independent of the medium.

Psychism

Anyone can be psychic.
-Russell Targ

We find that the evidence… favors the existence of PSI by a factor of 6 billion to 1, which is noteworthy even for the skeptical reader.
-University of Missouri study

Neurology

Laurentian University Studies done on psychic Sean Harribance, depicted markedly enhanced functional magnetic resonance imaging (fMRI) [131] and showed significant activation involving the **right** parahippocampal gyrus when he "experienced accurate telepathic impressions." The left inferior frontal gyrus lit up in those who were not psychic.

Quantitative Electroencephalography (QEEG) done showed the most unique characteristic of SH's brain activity was brief (a few seconds) high frequency (gamma range, i.e., 30 to 40 Hz) consistent configurations over the right rostral-parietal-temporal (C4, T4) and the right central and orbital frontal region while he was "calling the angel"; other areas showed slower alpha (irregular 8 to 15 Hz) state-expected activity.

Psychic Sean Harribance has been tested in many laboratories. The results showed the most consistent pattern for displayed accuracy aimed at hidden information involved the theta (4 Hz to 7 Hz) and 40 Hz bands over the right hemisphere (McDonough et al., 1988).

This exact double frequency (alpha/gamma) pattern was found in the insight research done by Dr. Mark Beeman at Northwestern University, where fMRI revealed increased activity in the right hemisphere. This insight location was the anterior superior temporal gyrus. The same region was active during initial solving efforts. EEG recordings revealed a sudden burst of high-frequency (gamma-band) neural activity in the same area beginning 0.3 s before insight solutions. (See Intuition and Insight sub-chapter under the chapter Brain Structures)

There have been hundreds of books written on the psychic contact modality so I will only highlight some of the research that is being done to support the fact that dissociation is taking place, and the right/left brain model will understand what might be allowing people to contact anomalous information and communication.

The psychic CM could fit into many of the other modalities that have been discussed.

- Some psychics have suffered head injuries like Edgar Cayce and Peter Hurkos.
- Many people who have had NDEs will report that they suddenly gained psychic abilities. One example is Joe McMoneagle.
- 1% of all savants have psychic abilities.
- Non-verbal autistic children can, according to work done by Diane Hennacy Powell, have very powerful psychic abilities.
- A large number of UFO experiencers claim to have psychic abilities.
- People on psychedelics report increased telepathic abilities.
- Trauma can cause people to start report being psychic suddenly.

Telepathy

Telepathy is a major CM and may be the main element in all the paranormal modalities. It is specified in UFO experiences, OBEs, NDEs,

dreams, and channeling. It is reported to be the method of communication once a person finds themself in a non-waking type, matrix state.

Over the last hundred years, there have been hundreds of experiments conducted to determine if telepathy exists and what the mechanism is if it does.

One of the highlight experiments that was performed occurred at Cambridge University and was run by Dr. Rupert Sheldrake. He set up an experiment where the subject would pick four close friends.

Then Sheldrake would get one of the friends to phone the subject, and the subject would guess which of the four friends it was. Chance would say that the subject would be right 25% of the time. The actual result was closer to 45%, indicating that some level of telepathy was taking place.

As with all CMs, one of the best ways to study it is to view the subjects who are the 'best.' In the case of telepathy, these would have to be the 1% of autistic people who have stunning telepathic talents. One such person was a nine-year-old girl in the United Arab Emirates, named Nadana.

Like the other telepathic autistic children, she was non-verbal. This indicates that she has a severe deficiency in the left brain where the language center is located. It also supports the long-held contention that telepathy has a right brain connection. The damage in the left brain would be shutting down the ego-mind, reducing the signal, and allowing the telepathy to occur. Lastly, when there is a success at teaching the child to speak, the telepathic ability is reduced.

Diane Hennacy Powell is the top authority who is working with these autistic children. Although there is almost no funding to do research Powell wrote, "I have been able to test three children in the United States under controlled conditions, with randomized words, letters, numbers, and pictures. Their answers have been astoundingly accurate."[132]

These same children also have other abilities that strongly suggest that they are tapping into some consciousness field. Some of these children can not only do telepathy but naming the day of the week 10,000 years from now, and calling out prime numbers up to 20 digits long.

Like UFO experiencers, they seem to have knowledge way beyond normal. One such example is Jacob, who has Asperger's. He "began taking college-level courses in math, astronomy, and physics at age eight and was accepted into a university at age 9." At age 14, Jacob "had a paper published in the prestigious physics journal Physical Review A: "Origin of Maximal

Symmetry Breaking in Even PT-Symmetric Lattices." The same summer, Jacob began working with the highly regarded Perimeter Institute of Advanced Studies based in Waterloo, Ontario, Canada.[133]

Darold Treffert, the foremost authority on savants, stated that his files show 10% of his patients have this telepathic ability. In 1978, Dr. Bernie Rimland conducted an experiment with 5400 autistic children and reported 561 cases (approximately 10%) of savant syndrome. Parents of 4 of these 561 savants reported that their child also had extrasensory perception.

One of his finest telepathic subjects is Hailey, who was working with Powell. Haley's skill was discovered one day when Hailey's caregiver got the sense that Hailey was reading her mind.

The caregiver asked Hailey telepathically, "How do you say I love you in German?" Hailey went on her punch pad, and she did punch in the proper German words. The caregiver was floored.

One of the studies Powell was able to do with Hailey was one where she and her therapist were sitting in a room with a divider between them so that there was no physical or eye contact. The therapist would be given cards with randomized numbers, words, sentences, pictures, and equations that she had not seen before. The therapist would look at each one on her side of the visual barrier and then ask Hailey what she was thinking about or looking at. Hailey would point on her speaking device that converts text to speech. Her answers were 100% accurate on 18 out of 18 digits. And this was just one of 10 equations she did in 10 minutes with an overall accuracy of over 90% each time.

The level of telepathy of some savants even shocks the materialistic beliefs of Treffert, who had worked with savants his whole life. He stated:

> *It is not an area that I have explored. It is an area where I am doing more exploring… as a materialist scientist, it is unlikely that I would venture there except seeing what I have seen... It immediately triggered my curiosity. How can that be? It is. You can't set it aside like it doesn't exist. Here is someone with a severe disability with incredible ability. It exists. It is real. Let's try and understand that, as opposed to just pushing it aside as an area of just circus curiosity. I think there are areas of the stigma that do deserve investigation.* [134]

Séances

During the 1850s, sisters Maggie and Kate Fox were communicating with spirits through knocks and raps in their home in NY state. It is said this was the birth of the spiritualist movement. Before the Fox sisters, séances were unheard of.

They would ask the spirits questions and receive responses in the way of two knocks for Yes and one knock for No. They would get the spirits to mimic their knocks.

The story goes that they became so popular that they were hired by PT Barnum, who brought them to New York City.

The field of spiritualism that they started became so popular that some figures show that 11 to 25 million people in the United States were involved in some way.

In 1918, in our home city of Winnipeg, Manitoba, a doctor by the name of T.G. Hamilton began investigating séances and spirituality phenomena. He accrued many astonishing photos of ectoplasm, levitation, apparitions, deceased loved ones, orbs, and many unexplained anomalies. There is a whole collection of photos online.[135]

Mrs. Elizabeth Poole was one of the mediums on whom Dr. Hamilton tested numerous phenomena.

Famous people would journey and visit Winnipeg to see this phenomenon for themselves; some visitors were the Prime Minister of Canada William Lyon McKenzie King and Sir Arthur Conan Doyle

Séances became a popular pastime during the Victorian era. Often after dinner, guests would retire to another room and attempt to connect with the spirit world using tools such as an Ouija board or séance.

Like other CMs, the séance seems to be a modality that allows someone to encounter dead people or spirits who are outside waking reality.

It may be the same matrix-type reality that over 50% of UFO experiencers report. Of those experiencers who reported this matrix reality, 36.7% said that they saw deceased people or religious spirits.

Work on séances does show the role of the mind in the process. In Toronto, Canada, in 1972, the ‘Philip experiment’ was run to determine whether subjects can communicate with fictionalized ghosts through the expectations of human will.

Philip was created by eight people and given a history. The team then tried to meditate and contact the ghost, which didn't work.

When they went to a séance with the lights down and a joyous atmosphere, suddenly, they had a feeling of a presence, table vibrations, breezes, unexplained echoes, and rapping sounds which matched responses to questions about Philip's life. Their table tipped at one point and was standing on one leg.

Two other similar experiments have been run, and both had similar results. It seemed conclusive that the human mind plays a role in the process, and the mind can produce physical manifestations.

One version of what happens in a séance was described during 1962, during a Leslie Flint direct voice communication reportedly with Frédéric Chopin who died in 1849. Chopin stated:

> *There's no such thing as a spirit inhabiting a body; that is another fallacy of the fools who try to explain things. We don't actually inhabit the body, in the sense that some people seem to think that we are in the body in the same sense that...er...people think that when a person dies, we sort of, creep out of it...What one must remember is that there is an etheric body (which is a duplicate of the material body), which is animated by the spirit, which has no body in the same sense. And that is not necessarily inside the physical body, but it is an animating force that is behind the etheric body and the material body. And when the physical body dies, the etheric body still retains its shape and form, and it is that part of Man that is recognized as an individual. And it is that part which people communicate with.*
>
> *For instance, communication - whatever form it may take - when someone comes from this side of life, it is the etheric body that is being used which is being registered on the more material plane (or nearer to the Earth condition anyway), and it is the animating force of the spirit and the mentality behind it which - which gives life.*
>
> *The whole point is that there's too much talk about bodies. These bodies are merely vehicles in their expression of the mentality and the mind and the spirit... the vitality and the life... the vitalizing force which is life itself. But the etheric body is an*

important part of Man of which he has no conception. People talk loosely about the spirit, but the spirit is something that is indefinable in as much that it has no shape or form. It is the etheric body that has shape or form.

But of course, when it enters into a more rarefied condition and atmosphere it takes on a form more purified and more rarefied. But it is still, in a sense, the etheric body which has undergone a kind of change, which becomes a spiritual body. But the etheric body is what we ourselves merge with and use when we enter into the physical body to make a contact.

And sometimes, therefore, because the mind of the individual, the spirit, the vitalizing force, the life, everything that is really fundamentally on the higher form of Man, is the manifesting thing behind all life. It is the manifesting thing behind all appearances of life in Man. The point is, that the body itself - you call it by a name, you call it...you have a shape, and you have a form - but that in itself is merely a vehicle of the expression of the spirit.

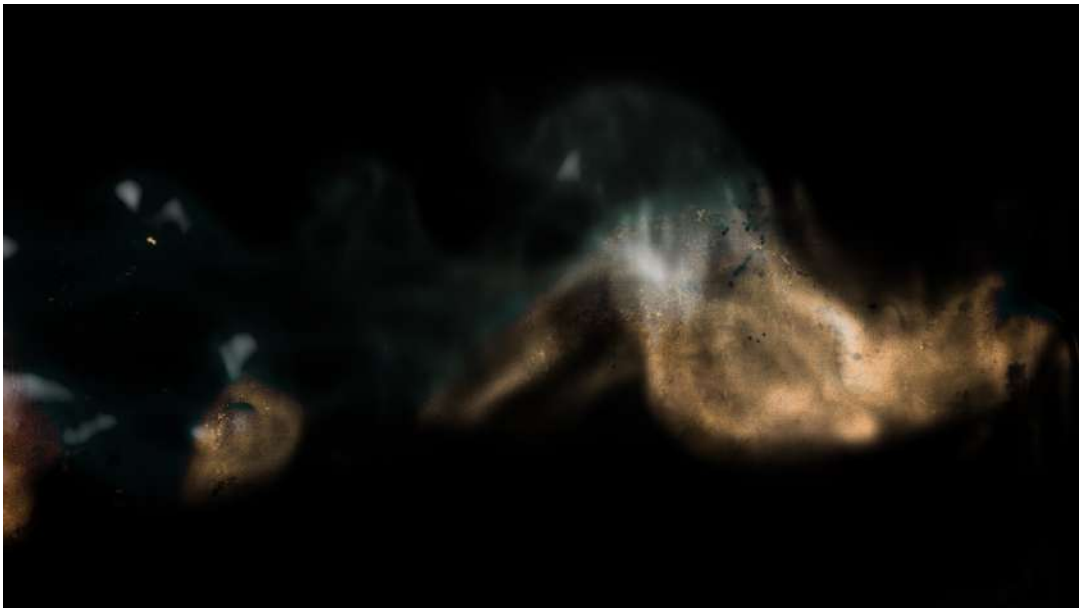
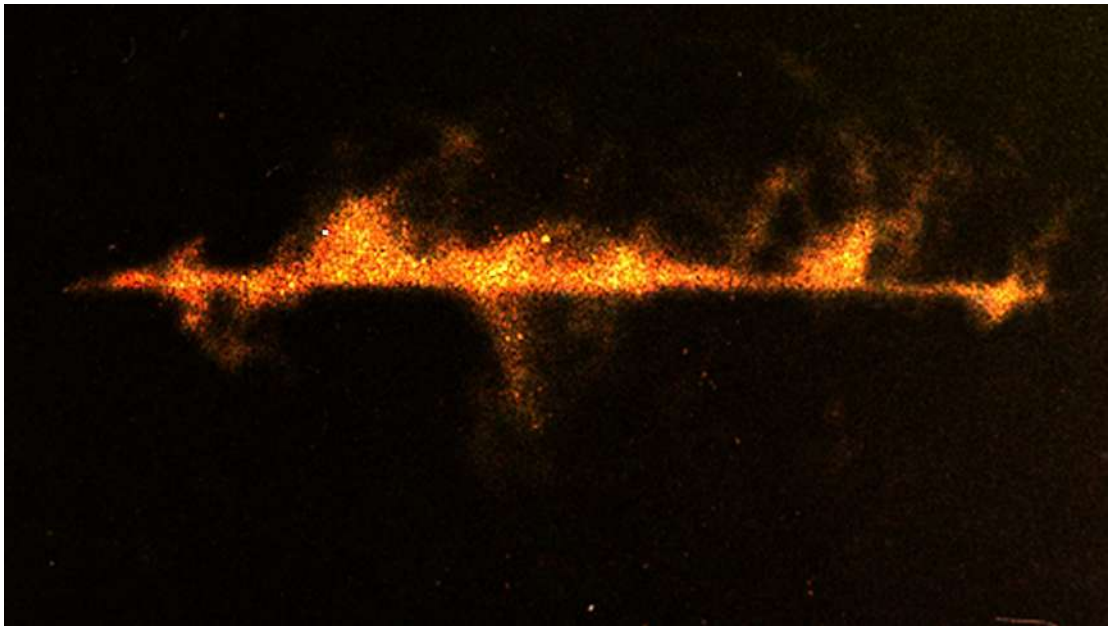


Figure 10 The following three photographs are manifestations at a circle that parapsychologist and researcher, Steve Mera captured on film.



DVPs – Direct Voice Phenomena

We are and have been, for a very long time, working on this site, on a method of communication between our world and yours that will be accepted eventually, I'm sure, scientifically. And we're hoping eventually, to be able to make communication in such a way, from a scientific aspect, that no one could possibly deny the authenticity and reality of it.

-Sir Oliver Lodge Speaking from the other side, April 1966

One of the key contact modalities used by paranormal investigators involves using digital tape recorders to pick up the voices of ghosts and spirits in haunted locations. It allows communication between the investigators who ask questions and the non-local entities who reply.

Any regular digital voice recorder can pick up voices. Direct voice phenomena are always heard by human ears and are often able to be recorded.

Some researchers have also added direct–voice mediumship to this category. It is much easier to set controls for this and it can be very productive with a good medium.

In this process, the spirit team on the other side can create an artificial voice box outside the medium's body made with ectoplasm - a substance taken from the medium's body.

The team is then able to have the deceased appear and have long conversations. It has been studied by many people, including the famous Scole experiments that were being performed in England from 1993 to 1998.

Leslie Flint (1911-1994) was one of the best-known direct voice mediums. One of his long-time sitters, Betty Greene asserted, “In direct voice mediumship it is very important to remember that the spirit voice is not coming through the medium’s lips - in other words, they are not speaking through the medium, but completely independently, about three feet away.”

He is often described as the most renowned psychic of the 20th century. For decades he was able to produce direct voices in the room of many famous people like the musician Chopin, Sir Winston Churchill, and Rudolph Valentino. The most spectacular part of his production of discarnate entities is that he could talk at the same time they were talking which proved it did not come from him.

He was heavily tested. He stated, “I have been boxed up, tied up, sealed up, gagged, bound and held - and still the voices have come to speak their message of life eternal...”

Today there are practicing direct-voice mediums such as David Thompson and Scott Milligan. They can produce male, female, or children’s voices in the room with them, all of which have the same voice characteristics that the person had when he or she was one Earth.

Electronic Voice Phenomena (EVP)

The idea of EVPs goes way back to 1920 when Thomas Edison worked on a project where he was trying to talk to the dead using electronic equipment.

A study run by researcher Steve Mera, called, The Phenomena Project, has been conducting tests since 2013 into EVPs and DVPs (direct voice phenomena).

1. All recorders are set to record 10 seconds in a silent environment.

2. Recorder 1 records what sounds like a female voice saying *'I love you'*.

3. Recorder 2 records what sounds like a male voice saying *'Who's that?'*

4. Recorder 3 records phantom *pops* and *clicks*.

three recordings were different and the test was replicated in one 45 minute sitting 8

Figure 11 Courtesy of Steve Mera and The Phenomena Project

One of their experiments involved setting up three digital audio recorders side by side. They tried to connect with the other side. Interestingly, although the people who were in the room could not hear any voice response at all, each of the three recorders picked up completely different responses. This led the team to conclude that these recordings were transplaced; audio was put onto the audio recorders by the phenomena, not spoken into the recorders.

This may also explain why experiencers can hear 'voices in their heads' while the folks next to them cannot. The voices may be placed into their minds by the phenomena.

One of the best researchers of this area is engineer Alexander McCrae who worked on communications for the space shuttle, and for a time with Nobel Laureate Sir Geoffrey Hounsfield. He has produced four decades of EVP work consisting of hundreds of experiments.

Challenges were made by noisy skeptics who claimed he was picking up random TV and radio signals. McCrae has even performed experiments in a shielded room to block out all electromagnetic signals. He still picked up voices.

Some of McCrae's work even ended up in the CIA investigative files related to PSI phenomena.[136] He was able to establish some interesting patterns using careful measurements, such as all his EVPs were between 0.7 and 2.2 seconds with a pronounced peak at 1.75 seconds, indicating that this could not be a random phenomenon.

Among the many clear patterns, he discovered, here are a few:

- Various experiments in different places would pick up the same phrases
- Generally, at least 90% of all utterances are comprised of messages, warnings, instructions, and pronouncements – that is of directed statements uttered apparently with some purpose.
- By sticking to a regular schedule, same place, same time of day, the number of utterances per minute would increase.
- EVP, as a PSI phenomenon, is available for frequent and predictable observation, using the right equipment
- "There is something there," as yet unrecognized by science.
- Communication rules exist which, when known, may appreciably alter our world view.

Spirit Boxes

Through the medium of white noise and radio frequencies, spirit boxes are used to assist spirits in communicating with us. Popularized with TV shows like *Ghost Adventurers*, these devices are sensitive enough to pick up voices of the spirits or can allow the spirits to manipulate them. Other

kinds of equipment, such as the Ovilus 5b, can turn audio into text eliminating potential errors from hard to decipher audio recordings.

Experiencer Chris Bledsoe was involved in several experiments conducted by university researchers around the famous 'burning tree' in his back yard. In all of the videos I saw and audio I heard; they were using something like a spirit box.

Surely, if Hollywood tells Bledsoe's entire UFO story, people will see the weird results that they had with the spirit box.

Instrumental Transcommunication

The key researcher working on Instrumental Transcommunication (ITC) is Brazilian researcher, Sonia Rinaldi.

She has dedicated over 30 years of her life to research and develop an improved technique for bringing through images and audio recordings from loved ones and high entities who are in spirit. She states that she is getting help developing the techniques from Dr. Konstantins Raudive (1909-1974). He was the first Instrumental Transcommunication (ITC) researcher who expended much effort to document and analyze the voices he recorded during his EVP sessions.

This ITC technique that Rinaldi uses is different from the standard electronic voice phenomena (EVP) techniques that use spirit boxes to get spirit voices. Rinaldi claims that ITC makes for the best quality audio recordings, which are known as a 'class 1 EVP.'

Rinaldi states that the quality of the voice is dependant on using the correct procedures. She maintains that if the sound source is clean and clear the voice will speak very clearly. Rinaldi states that people do not know about this and often choose to use things like white noise or water noise as a sound source which doesn't work. Using the right sound source will always work.

According to Rinaldi, investigators usually use a white noise like shhhhhhhh. If the entity uses this white noise sound as the source, the spirit will come across as a whisper. Spirit do not have voices and must use what is provided in the 3-D world to form words.

Rinaldi uses actual syllables from the voice of the person or a person that fits the profile. Spirit needs a sound that they can manipulate and reorganize in our 3-D spacetime for their replies. An example would be to

use a young boy's voice to let a young dead boy communicate. The voice will be much closer to the original and the spirit will be able to speak more than one or two sentences. Rinaldi states that she can get 30-50 replies because she is making it easier for them. If an appropriate sound source is provided, spirit can talk a lot.

Rinaldi takes at least 10 minutes of the recording and breaks it down into syllables, and then mixes them altogether. There will be no recognizable words. The voice is recognizable, but the researcher cannot recognize what is being said.

This audio is then played out in space-time. The entity recognizes the sound and is able to manipulate the syllables to create a reply to questions.

Another component that Rinaldi is working on is trans image communication.[137]

Rinaldi claims that the entity is able to come through something like a wormhole just as where we think apports come through. She uses four mini projectors that project white noise into a giant, plastic, clear egg-like structure with the bottom cut off. The entities use the white noise to create trans-images.

After receiving information given by Daniel (a spirit) in a Scott Milligan séance, she made alterations to her device and has created a double shielded, plastic egg and has had at least one spirit image that can actually show head movements inside the plastic egg as a 3-D image.[138]

Photographs

The Scole Experiment was performed in the UK from 1993 to 1998. Séances were conducted that produced an incredible amount of evidence and data.

Numerous images were produced onto an unused film that sat in a sealed container. These images were of landscapes, strange writing, and even an alien-like face which the sitters named 'Blue.' The beings the team were in contact with produced this evidence by creating photographs but also implanted audio onto digital audio recorders and video recorders as EVP's (electronic voice phenomena).

Another person who has produced images on film is Holland medium, Robbert van den Broeke.

The third group in England, known as the *Addie group* used an Ouija board. Those experiments also produced an apported photo of a school class from about 1910. The spirit they were dealing with was a girl who said her name was Addie. In this apported photo, Addie claimed that she was the girl in the top right. The photo just manifested under the table, and it was caught on audio as it occurred.

Infrared

Infrared cameras are being used more and more in paranormal investigations to see beyond the narrow visible range of the human eye. The idea is that the paranormal may be as normal as everything else. It may just be out of the range of our present abilities to see, hear, or perceive.

The research conducted by the National Institute for Discovery Science used infrared during their Skinwalker Ranch investigation. It was while using infrared that investigators were able to see a being that seemed to crawl out of what appeared to be a portal.

The concept is simple and useful. Your brain will say, No, there is nothing there, but with this camera, it will make a liar out of your brain as it has a wider range of interpreting the visual spectrum.

Binaural Beats

These are frequencies played directly into the ear (with headphones) intentionally varying by a predetermined amount. These, as many maintain, help to expand your consciousness, and then we can tap into the field. It is also known as brainwave entrainment.

Eben Alexander, a Harvard neurologist who had a near-death experience, is a major proponent of using binaural beats to connect with expanded consciousness. His idea is that what is happening is that the differential sound frequencies used dumb down the neocortex, which allows your conscious awareness to go free.

The way the process works is to play a different frequency in each ear. What the brain will hear is the frequency between the two tones or the third 'binaural beat.'

Therefore, 400Hz tone into the right ear, and 410Hz into your left ear will produce a third binaural beat pulsing at 10 Hz. The 10 Hz is also equal to the alpha frequency, which brings about light relaxation, meditation, and creative thinking.

The Monroe Institute has conducted much research in the area of binaural beats and other ways in which sounds can help us reach other states of consciousness. Monroe researcher F. Holmes Atwater stated:

> *Exposure to binaural beats in an environment of restricted stimulation coupled with a guidance process can safely provide access to and experiences in many propitious states of*

consciousness. This method requires a unique combination of well-understood psycho-physiological inductive techniques with the addition of a refined binaural-beat technology. Binaural beats provide potential consciousness-altering information to the brain's reticular activating system. The reticular activating system, in turn, interprets and reacts to this information by stimulating the thalamus and cortex, thereby altering arousal states, attentional focus, and the level of awareness, i.e., the elements of consciousness itself. This effective binaural-beat process offers a wide variety of beneficial applications and a vehicle for the exploration of expanded states of consciousness.[139]

Brain Stimulation

We all have savant-like skills, and our brains deliberately suppress it.
-Dr. Allan Snyder

In Australia, Dr. Allan Snyder is doing revolutionary research on the brain. The research is conducted at the Center for the Mind at the University of Sydney.

The research focuses on creativity. They have found, like others, that the right and left brain have different functions.

The technique that the Center is using involves magnetically stimulating the left side of the brain, (for periods of 15 minutes) to enhance creativity. This shuts it down.

What they found when they took the left brain off-line is that the subject would gain talents and abilities much like the attribute's savants hold. These included talents like being able to accurately count a hundred or more dots on a screen in one second.[3]

Snyder described how trauma could produce savant abilities:

A less-severe trauma to the brain can also produce latent savant skills in minutes. That work was demonstrated with low-frequency repetitive transcranial magnetic stimulation (rTMS). This is listed as one of the contact modalities.

The technique was developed on the belief that "savant syndrome is often associated with left-brain dysfunction or inhibition, together with right brain compensation, leading to a predilection for literal, non-symbolic skills."

As with head injuries, these trauma producing abilities are completely explainable without the concept that genes account for everything that we are.

Further evidence for savant skills being latent in us all comes from our lab. We've been able to temporarily induce savant-like skills in normal individuals, using non-invasive brain stimulation. For example, we've artificially induced savant-like performance in drawing, proofreading, numerosity, and reduced susceptibility to false memories.[140]

Inner Vision Process

This is a process used by intuitive Cay Randell May. She is a woman who was used in the study of experiencers being done by Dr. Kit Green and Dr. Garry Nolan. Green described May as being 95% accurate. She explains her method this way:

> *In this process, I enter into a deeply relaxed state, totally clearing my mind. One of my scientific colleagues asks questions, and I respond verbally or draw pictures of what appears in my mind. This process produces a vivid sense of the world at any desired magnification, even down to the sub-atomic level. The images are three-dimensional, complex, and sometimes in color. They are movable and can be adjusted to any desired angle, and it is possible to zoom in or out for different perspectives. This allows me to observe what standard scientific instruments can't detect. Details of form, function, composition, and size can be readily observed. Mathematical symbols and formulae can be drawn, but are not derived in the usual sense.*

May used this intuitive process to write the book, *Inner Visions of Matter and Subtle Energy*. This book describes the:

> *…structure of matter and provides a table of subatomic particle organization. Gravity, magnetism, charge, and force at a distance are explained. It is a definitive discussion of Subtle Energy: how it relates to human health and well-being, fluorescence, electronics, conduction, and much more. It addresses the influence of thought and intention on subtle energy and matter, including PK phenomena and dematerialization.*

May has worked with scientists who are looking into the nature of the Universe. A discussion of her work appears in the *Journal of Scientific Explanation*, "Analysis of Technically Inventive Dream-Like Mental Imagery" by Bruce Towe and Cay Randall-May.

RELIGIOUS MODALITIES

In mystical states, we become one with the Absolute and we become aware of our oneness. This is the everlasting and triumphant mystical tradition, hardly altered by differences of clime or creed. In Hinduism, Neoplatonism, in Sufism, in Christian mysticism, in Whitmanism, we find the same recurring note.
-William James

Fasting

A genuine, fast cleanses the body, mind, and soul. It crucifies the flesh and, to that extent, sets the soul free.
-Gandhi

Fasting is a contact modality that people use to connect to the field and those who do it swear by it. People will describe increased clarity, which could be interpreted as less noise in the signal. People who follow strict Keto diets, such as my son, also speak strongly about this clarity that occurs when their body enters ketosis.

Fasting is used by participants of the UFO group Mission Rahma. They also use several other modalities to aid in their ET contact protocols. These would include meditation, prayer, reduced sleep, eating a vegetarian diet, and automatic writing.

Fasting changes brain chemistry, blood chemistry, and neurotransmitters in the brain, inducing altered states of consciousness. Fasting plays a major part in many religions because you gain clarity and focus and are more attentive when you fast, and can, therefore, get a better connection.

Traditions like Buddhism, Jainism, Taoism, Islam, and more follow a practice of fasting as a way of purifying the mind, body, spirit, and implanting self-restraint and self-control.

According to the Bible, Jesus, as part of his spiritual preparation, went into the wilderness and fasted 40 days and 40 nights.

Glossolalia

Glossolalia brain function appears to be more similar to other trance-like states in which the frontal lobe activity diminishes as the person loses their sense of purposely performing the practice. In some sense, it is the opposite of the concentrative process of meditation.
-Dr. Andrew Newberg

This practice is also known as speaking in tongues and is considered a spiritual gift in many communities. It is produced by intense focus and prayer by groups of people within Pentecostal-Charismatic Christian sects. It is believed that those affected have had the Holy Spirit loosen their tongues, and they are uttering messages directly from God. They can often enter trance states in minutes. They claim they have made some connection to God, and are amid religious ecstasy, or trance.

Now scientists have provided support for the reality of the state that many Christians believe is "a genuine language, either a living or dead language, or an angelic language". Other cultures, such as the Inuit populations in the Arctic, the rituals of the Saami in Finland, and the Haitian voodoo religion all have similar practices. The researchers say that they have captured glossolalia on brain scans, which link decreased frontal lobe activity to a loss of self-control.

This also has a close connection to Sufi chanting as both involve chanting and body movement. Both have similar neurology patterns.

The work done at Thomas Jefferson University shows that glossolalia, like Sufi chanting and automatic writing, demonstrates, "initially heightened activity through the brain followed by a sudden drop in which you feel an incredible rush of energy and intensity."[141]

There has been neurological research on speaking in tongues done at the University of Pennsylvania by Dr. Andrew Newberg. Like every other contact modality written off by skeptics as imagined or made up, the brain scans prove that something is going on, and it links with other modalities that also claim mystical experience.

The Newberg research using fMRI and SPECT showed that like research done on people praying there are distinctive neural correlates employed for this experience.

There is a dramatic decrease in frontal lobe activity when subjects are speaking in tongues, which is similar to what we saw when mediums and shamans are activating their abilities. Like automatic writing, people speaking in tongues can stimulate unique circuits in the brain that lead to the feeling of being able to channel entities or sources of inspiration.

Prayer

This is a contact modality that has been used for thousands of years by many religions.

In 2012, Rey Hernandez (the man who started the FREE Foundation with Dr. Edgar Mitchell) had a personal experience where his dog was healed.

He saw it as a UFO experience, but his wife, who is very religious, saw the healing of their dog as a religious experience, not a UFO experience.

She is a Roman Catholic and had been up all night praying for their dog that was paralyzed. They were going to euthanize him in a few hours. After hours of prayer, the dog suddenly got up, was able to walk again, and acted like a puppy for the next year before he died.

When Rey witnessed the healing, he thought it was a UFO experience. Here we can see that whatever belief system is adopted will determine our interpretation of what happened.

In his 2007 book, physician Larry Dossey points out that, "currently, twenty controlled clinical trials of remote, intercessory prayer and healing intentions in humans have been conducted. Eleven demonstrate statistically positive results …eight systematic or meta-analysis of this body of research have been done; seven reporting positive findings."[142]

The act of praying to a higher source has also been studied in a neurology lab by Andrew Newberg. When he placed a group of Franciscan nuns in the scanner, the area of the brain associated with the sense of self, the parietal lobes, began to "shut down."

Like other contact modalities, the scanner confirms that a process is going on, distinct from claims that prayer is nothing more than people talking to themselves.

"You become connected to God. You become connected to the world," said Dr. Newberg, who ran the study. "Your self-sort of goes away."[143]

This same quieting of the parietal lobes was discovered in deep meditations of Tibetan monks, and with Sikhs chanting. Newberg pointed out that when it comes to prayer, it appears that the religions are all one.

Self Torture/Flagellation

There are several cultures that use self-torture and flagellation to make contact. They all seem to fit into the same practice of breaking away from the ego-mind by distracting the left brain, causing dissociation and enlightenment. Some examples are:

Native American Sun Dance - includes a chest piercing ritual.
Hindu Thaipusam Ritual - in Tamil Nadu, South India, this ritual involves body piercing, and spear and hooks being attached to the body.
Sokushinbutsu - or the Buddhist ritual of turning yourself into a mummy.
Brotherhood of Canindezinho - who believe they are becoming closer to God.

Shamanism

Neurology of Shamanism

The neurology of the shamanic trance fits the same pattern, (right brain, gamma, and coherence) as for other contact modalities. A neurological study was done on the Mongolian shamanic tradition. The study involved using spectral EEG parameters and the study of specific alterations in brain function:

- Quantitative EEG mapping and LORETA (low-resolution electromagnetic tomography) source imaging indicate that shamanic state of consciousness (SSC) involves a shift from the normally dominant, left analytical side to the right, experiential mode of self-experience, and from the normally dominant anterior prefrontal to the posterior somatosensory mode.

- Increased gamma power thought to represent diffuse cortical activation and integrative conscious information processing.

- There is increased posterior-frontal coherence in beta and gamma (38–42 Hz) bands.
- Harvard study showed higher neural network connectivity in posterior cingulate (PCC), dorsal anterior cingulate cortex, and left insula.

The proof that shamans have produced unique brain patterns will come as a relief to many of them, as they have had a rough ride in the western, scientific literature. They have been described as disturbed individuals, tricksters, healed madmen, neurotic, epileptic, and charlatans.[144]

The fact that the patterns show a shift from the left brain to the right brain puts them safely in line with all other contact modalities.

Shamanism originated in Siberia and has been around for tens of thousands of years and are in every culture on the planet. These people enter into visionary states to interact with non-human intelligences, beings of other dimensions, or parallel realities.

The shaman is often initiated onto his path following some life-threatening trauma – traditionally, it could involve being struck by lightning or being struck down with a serious illness.

Shamans can get into a trance, which is a volitional, self-induced state of consciousness. They often use a drum, which is interesting because it has been shown that a rate of a drumbeat of four beats per second (4 Hz), induces the trance state.

EEG mapping has provided support for the theory of dissociating from the left brain and allowing the right brain to tap into anomalous cognition. Professors Pierre Flor-Henry and Yakov Shapiro wrote:

> *Quantitative EEG mapping and LORETA (low-resolution electromagnetic tomography) source imaging indicate that the shamanic state of consciousness (SSC) involves a shift from the normally dominant left analytical to the right experiential mode of self-experience, and from the normally dominant anterior prefrontal to the posterior somatosensory mode.*[145]

Whirling Dervishes

The Mevlevi Order, or Turkish whirling dervishes, were founded by the son of Sufi mystic and poet Jalaluddin Muhammad Balkhi Rumi in 1273. Based on both Islamic teachings as well as those of Rumi, the act of whirling, or turning, sends the participants into a state of ecstasy in their surrender to God. This ritualistic dance includes invocation, music, chanting, and rhythmic drumming. The Sufi dervishes raise their arms in prayer to God and can turn for hours and hours straight. Whirling is seen as an active meditation and the ceremony is also known as 'dhikr' or remembrance of God. Altered states of consciousness are attained, as these followers pray.

According to the BBC:

> *It is believed that Rumi would turn round and round while reciting his poetry, and it is this dance which formed the basis for the Mevlevi Order, or Whirling Dervishes, after his death. Dervish means doorway, and the dance is believed to be a mystical portal between the earthly and cosmic worlds.*[146]

Chanting

Neurology

> *Significant deactivation was observed bilaterally during 'AUM' chanting in comparison to the resting brain state in bilateral orbitofrontal, anterior cingulate, parahippocampal gyri, thalami, and hippocampi. The right amygdala, too, demonstrated significant deactivation. No significant activation was observed during 'AUM' chanting.*
>
> **-Study of AUM chanting done at the Advanced Center for Yoga, National Institute of Mental Health and Neurosciences, Bangalore, India**

There are many examples of chanting done in many cultures. There is Inuit Throat singing, the Balinese Monkey chant, Hindu Sanskrit scholars who learn to chant ancient texts, the chanting of simple mantras, Sanskrit poetry, and prose, or the Shukla Yajurveda - which takes six hours to chant. Then there are the Gyuto Monks of Tibet with multi-vocal chanting.

With all of these, there are physical brain changes produced from a mental action. People are not making it up. As mentioned in the chapter on Brain Plasticity, the chanting of Sanskrit is one example of mind/consciousness controlling brain/matter:

> *Numerous regions in the brains of the pandits were dramatically larger than those of controls, with over 10 percent more grey matter across both cerebral hemispheres, and substantial increases in cortical thickness…the pandits' right hippocampus—a region of the brain that plays a vital role in both short and long-term memory—had more gray matter than controls across nearly 75 percent of this subcortical structure.*[147]

The one I would like to concentrate on is Sufi Chanting, which is considered one of the best for dissociation and one that has been tested in a scanner at the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University.

The key element to remember is that chanting usually goes along with a movement. This would be similar to slow drumming and dancing, or repeating sounds while meditating.

Newberg, who studied many types of chanting while subjects were in a scanner, called this, “the power of repetition and movement.” This was like action and quiet at the same time, or arousal vs. quiescence, or sympathetic and parasympathetic systems active at the same time.

When you do both at the same time, you get a state where the frontal and parietal lobes both quieten and an enlightenment experience is reported.

This is important in light of the advice that John Burroughs received from Kit Green after he was given the results of his DNA test.

Green was testing Burroughs in a program that was looking at people who had been close to a UFO and who had been injured. Burroughs was also understudied to try to understand if the UFO experience was random or if he was part of some overall pattern.

Burroughs reported that Green had suggested he do Kripalu yoga and Vipassana meditation. I wondered why he would ask Burroughs to do this.

When I saw Newberg’s works on repetition and movement, it made sense. There is some power in running the sympathetic and parasympathetic systems at the same time, and thereby overloading the brain’s temporal and

parietal circuits as well as the sympathetic and parasympathetic systems. Dr. Gary Weber called these, "input-starved mystical states." Once the brain modules shut down, the participant can pop out of the normal waking state.

I asked Burroughs the meditation and yoga combination had helped or if the contact increased. He indicated that it did seem to increase (the contact) that was happening.

Newberg discovered that there were two different levels of this arousal vs. quiescence phenomenon. If people did Kirtan Kriya meditation, where they generally chanted SA-TA-NA-MA, while at the same thing touching each of their fingers to their thumb, they would produce a state where the frontal and parietal lobes were activated. It would create states of bliss.

If, on the other hand, the subjects were Sufi practitioners, the experience was much different. The Sufi chant was much more forceful and rapid. While chanting, they rhythmically rock their heads and bodies. They're in and out breathing is very deep.

This creates a very intense experience of a decrease in activity in the frontal and parietal lobes, which is not expected. It is almost like these modules are being shut down. It was the same brain shutdown effect that has been seen with Pentecostals speaking in tongues. They, too, have much more forceful verbal and body actions.

As Newberg described the results, both groups could allow the participant, "into an ecstatic-like trance in a matter of minutes."[148]

Like other contact modalities, the neurological research on chanting showed the practitioners are not "making it up." It also showed that the tail (observer) does wag the dog (brain). There is a world beyond our waking consciousness that can be accessed with the proper technique, and that technique has been around for centuries.

Newberg summed up what had been learned through chanting:

> *You now have a "formula" for consciously raising and lowering activity in your brain, and if you alternate between slow and fast movements, slow and rapid breathing, and reciting sounds in either melodic or monotone way, you can create the greatest increases and decreases in neural activity. You can, at will, deepen your consciousness, or obliterate it, stimulate your brain and calm it down, thus giving you more conscious control over your feelings, emotions, and thoughts.* [149]

Dr. Alfred Tomatis ran studies that led him to believe that there were sounds that were either discharging sounds that drained one of energy or charged sounds that were stimulating and that we needed to hear for lengthy times each day to maintain energy, vitality, and strength. Gregorian chants he concluded, were the highest grade sounds a person can listen to. The vibrations that enter our bodies through sounds during chanting mantras also effectively maintain wellbeing.

Aum Chanting

Is a type of mantra that is believed to alter the state of consciousness. This could be a way to give the rational, analytical left brain something to do, so it does not interfere with getting a signal. The Mission Rahma group that interacts with Apunian extraterrestrials will use this, either repeating Rah-Ma or Aum.

This is combined with repetition (acting like another permission slip) where the Rah-Ma is done 7 or 33 times.

Enrique Villanueva, who leads a Rahma connected group, states that 10-15 minutes of this will maybe even “open our channels to the exchange and allow communication (like being an antenna) with those beings.”

CHEMICALLY-INDUCED MODALITIES

Psychedelics

I understand from media accounts that you feel LSD helped you creatively in your development of Apple computers and your personal spiritual quest. I'm interested in learning more about how LSD was useful to you.
-Albert Hofmann, inventor of LSD, in a letter to Apple Chairman Steve Jobs

I began to draw…my senses could not keep up with my images…my hand was not fast enough…my eyes were not keen enough…I was impatient to record the picture. I worked at a pace I would not have thought I was capable of…I was very impressed with the ease with which ideas appeared (it was virtually as if the world is made of ideas, and so it is only necessary to examine any part of the world to get an idea). I also got the idea that creativity is an active process in which you limit yourself and have an objective, so there is a focus on which ideas can cluster and relate.
-Two of the subjects report back on their experiences after a 1960s LSD creativity experiment

This is to neuroscience what the Higgs boson was to particle physics.
-David Nutt, professor at Imperial College London in Neuropsychopharmacology

Ayahuasca

Neurology

Large and statistically significant increases of both EEG alpha and theta mean amplitudes in a group of normal subjects following three doses of ayahuasca in a shamanistic ritual setting…found statistically significant increases only of high frequency (36-44Hz) beta, following the intake of ayahuasca.

Brain networks that deal with vision, attention, movement, and hearing became far more connected, leading to what looked like a "more unified brain, but at the same time, other networks broke down. Scans revealed

a loss of connections between the parts of the brain called the parahippocampus and another region known as the retrosplenial cortex.[150]

The 48-known psychedelics are some of the most powerful contact modalities for adding information from the anomalous non-local field into waking consciousness. Stanley Krippner says there are over 100 psychoactive plants that are used by shamans all over the world to transition into these altered states of consciousness.[151]

The use of psychedelics probably goes back to cave dwellers who happened to eat psychedelics, such as mushrooms, during their daily food gathering. Those eating the plants would be thrown into contact with all that exists outside waking consciousness.

The Greeks followed this up with the Pythia or oracles at the Temple of Apollo at Delphi possibly consuming ethylene gas. It was where they (unintentionally) inhaled the ethylene vapors that brought them into altered states and allowed them to see visions and receive messages from the Gods. There were cracks in the limestone floors in the temple where these petrochemical/hydrocarbon gases arose from. Some believe it was methane or benzene as these substances are said to be responsible for inducing the hallucinogenic state. Plato and Plutarch have mentioned the Pythia.

Another possible explanation was that the Pythia consumed laurel leaves, which are said to have been deposited in the Apollo Temple by Apollo himself. These leaves do have a narcotic effect and may have been the catalyst that induced the oracles into their trance-states.

Many of the major inventions of the last century could attribute at least a morsel of assistance from a psychedelic. It led modern science to begin investigations into this powerful and yet sometimes uncontrollable form of contact with non-waking consciousness.

Consider the following experiment that took place at the International Foundation for Advanced Study (IFAS) in Menlo Park, CA. in the days before the American government made LSD illegal.

The experiment involved 27 scientists, engineers, and architects from Stanford University, Hewlett-Packard, and elsewhere. Each brought in, "three highly technical problems from their respective fields that they'd been unable to solve for at least several months." That was the component to be involved in the study. They had to have a problem they had worked on for months but could not solve.

They were given a typically low dose - 200 micrograms of mescaline, which is equivalent to 100 micrograms of LSD - intended to enhance their creativity. They were placed in a room and given headphones. Then they were asked to lie down and listen to music.

They were told to watch for certain things and not to be afraid to ask for answers. They should "scan rapidly through a large number of solutions and ideas, and that the 'right' solution would often appear with a sort-of intuitive 'knowing' and that is the answer."[152]

"We had 44 problems and solutions for all but four," said James Fadiman, who was one of the directors of the study. The answers came within minutes.

The men "unleashed a slew of widely embraced innovations shortly after their LSD experiences, including a mathematical theorem for NOR gate circuits, a conceptual model of a photon, a linear electron accelerator beam-steering device, a new design for the vibratory microtome, a technical improvement of the magnetic tape recorder, blueprints for a private residence and an arts-and-crafts shopping plaza, and a space probe experiment designed to measure solar properties."[153]

Based on the questionnaires filled out by the participants there were other brain changes: 1) Lower inhibition and anxiety 2) Capacity to restructure problems in a larger context 3) Enhanced fluency and flexibility of ideation 4) Heightened capacity for visual imagery and fantasy 5) Increased ability to concentrate 6) Heightened empathy with external processes and objects 7) Ability to see problems in the broadest terms 8) Data from the unconscious made more accessible 9) Enhanced sense of knowing when the right solution appears.[154]

The LSD experiment illustrates the same dissociation from the left brain that allows the right brain processes to solve a problem. There was lower inhibition, anxiety, and less analysis, because of the use of psychedelics on the left brain.

There was also a "heightened capacity for visual imagery" and "heightened empathy." Both are the right brain. The ability to see in the broadest terms is the right brain's ability to see the whole over the left-brain desire for details. The enhanced sense of knowing is straight-up right-brain intuition and insight.

Others, besides these scientists, have reported using psychedelics to make contact into the anomalous non-local field. When 1993, Nobel Prize

winner for chemistry, Kary Mullis, was asked if, "LSD had helped him develop the polymerase chain reaction," he replied:

> *In my mind, by then I had learned how to get down there; I could sit on a DNA molecule and watch the chlorides go by… I don't do experiments often you know in big things. What if I had not taken LSD ever, would I have still invented PCR? I don't know. I doubt it. I seriously doubt it.*[155]

Steve Jobs was another who credited his inventiveness to taking LSD up to 15 times between 1972 and 1974.

Even Deepak Chopra, the author of 60+ books on consciousness, brain chemistry, and spirituality, has tried LSD. "My first experience with spirituality was with LSD when I was 17," he said. "It was my first excursion into other dimensions."

Doug Engelbart was another scientist who gave credit to LSD for his creativity. Many consider Engelbart as the inventor of the computer, based on a download he got, where he envisioned a new powerful computer system complete with modem, monitor, keyboard, and mouse.

The vision occurred on a Monday morning in 1950. Engelbart was 25-years old, and he had just become engaged to be married the previous weekend. He was driving to Moffett Field, where he worked as an electrical engineer.

"It's still so vivid," he said. "All of a sudden, this clear image came to my mind." The image, he describes in great detail, is of a hallway, brightly lit, with windows on the left and closed doors on the right. The hallway, with a shiny linoleum floor, extends as far as he can see – "to infinity." [156]

Engelbart could see computers drawing the symbol on the screen and people manipulating knobs and levers to look at information space in a different way.[157]

It was Engelbart who later gave the landmark computer demonstration in 1968, at the Association for Computing Machinery- Institute of Electrical and Electronics Engineers Computer Society's Fall Joint Computer Conference in San Francisco. It became known as "The mother of all demos."

Engelbart was a big proponent of LSD as a contact modality to help out the left analytical brain. He and his colleagues at the Augmented Human Intellect Research Center at the Stanford Research Institute would drop acid

under test conditions in the hope of inspiring breakthroughs. It was like a think- session for the right brain.

There is a story told of Engelbart's experience. He was not a prime subject during these ‘think-sessions’, and would just sit and stare at the wall. After the staring incident, the story was, his colleagues tried to avoid giving him a full dose. He did, however, come up with the “tinkle toy,” a potty-training aid in the form of a miniature water wheel that would spin and tinkle when peed on.

When speaking of LSD as a contact modality, the inventor Albert Hoffman stated:

> *It must be changing something about the internal communication in my brain. Whatever my inner process is that lets me solve problems, it works differently, or maybe different parts of my brain are used. When I’m on LSD and hearing something that’s pure rhythm, it takes me to another world and into another brain state where I’ve stopped thinking and started knowing.*[158]

This difference was later supported by fMRI scans, which showed the brain going into an Oneness mode, where regions once segregated could now speak to one another.

The psychedelic revolution goes back to people like Aldous Huxley (1894-1963), a writer widely acknowledged as one of the pre-eminent intellectuals of his time. He started, and others followed.

Huxley began with mescaline, which evolved to LSD, which he labeled as "the most extraordinary and significant experience available to a human being this side of the Beatific Vision."

Most importantly, he wrote the book, *Doors of Perception*. There he described the influence and helpful nature of these drugs. He spelled out psychedelics as, "a way to change the way the monkey perceives reality." He had proposed calling psychedelics ‘phanerothymes,’ meaning to make the soul visible.

When Huxley tried DMT for the first time, he stated that it directed him to, "break through the visionary layers into the realm of pure oneness." Oneness is a clear right-brain characteristic that opposes the left-brain rule to see everything as details and distinct objects.

It was Huxley who helped spell out the idea of this contact modality. He had taken the title of the book from William Blake's poem *The Marriage of Heaven and Hell*. In it, Blake wrote, “If the doors of perception were cleansed, everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.”

The left brain is the cavern, where what can be seen is limited. If the doors of perception are cleansed, the world would be seen much differently. As Huxley wrote, “each person is at each moment capable of remembering all that has ever happened to him and perceiving everything that is happening everywhere in the universe.”

Huxley referred to the brain, but we more accurately know now that what he was referring to is the left brain:

> *The function of the brain and nervous system is to protect us from being overwhelmed and confused by this mass of largely useless and irrelevant knowledge, by shutting out most of what we should otherwise perceive or remember at any moment and leaving only that very small and special selection which is likely to be practically useful. According to such a theory, each one of us is potentially Mind at Large.*

‘The mind at large’ is what the right brain is revealing when a psychedelic substance shuts down the “personal reduction filter” of the left brain. How do we know it is doing this?

The left brain is the ego-mind and interpreter. Those who have done high dose psychedelics will talk about ego death. This is the left brain shut down.

That may be why high dose psychedelics such as the psilocybin research at Johns Hopkins has been so successful, (up to 80%) against things like depression where they report a “substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer” or depression where it is reported that depression after two doses were, “markedly reduced at one week and three months after treatment.”

The effectiveness could theoretically be linked to the fact that high dose psychedelics crush the ego – sometimes referred to as ego death. This resets the ego, which is the element that is depressed and the element that is afraid to die.

This left-brain explanation is supported by brain scans at the Imperial College London of people under the influence of LSD, where "brain regions that usually form a network became more separated in a change that accompanied users' feelings of oneness with the world, a loss of personal identity called 'ego dissolution.'"[159]

LSD trippers talk about visions, symbols, intuition, bliss, no time and space, and ecstasy. These are all right-brain experiences.

Another experience that high dose psychedelic participants describe is that everything was alive and was ONE. That is a right-brain experience that the left-brain interpreter would never accept as reality. The left brain believes in an objective reality where things are distinct and separate objects in time and space.

The Oneness experience is a direct crossover to other contact modalities, especially the UFO situation where 55% of experiencers claimed to have gotten a message of Oneness or love.

Another crossover between UFOs and DMT, Ayahuasca, LSD, and other psychedelic experiences was spelled out by Dr. Rick Strassman, who did a major study of DMT. He found that about 40% of the participants were met by what was described as intelligent "beings," "entities," "aliens," "guides," and "helpers." They exhibited many of the same descriptions, actions, and personalities as those reported by UFO abductees.

Interesting side note… Strassman said in his book, *DMT: The Spirit Molecule* that you can still be an atheist until you get a high enough dose of DMT, then no one can.

The Machine Elves

The 'machine elves' is a term psychedelic guru Terence McKenna often used to describe the beings he saw and interacted with when doing tryptamine-type psychedelics. Tryptamines are monoamine alkaloids that are present in psilocybin (magic mushrooms) and DMT, which is the active ingredient in ayahuasca. These self-transforming elves do not appear when ingesting LSD, which makes them a unique non-local neurological mind phenomenon.

Diverse theories exist to try and explain who these entities are and why they appear to many psychedelic explorers. McKenna called them 'psychedelic missionaries.'

Like many contact modalities, the communication with the elves is done telepathically, and like with other contacts - spirits, aliens, dead people, or angels, the elves have messages to pass along.

Others describe them as just non-human intelligences who people have come in contact with, and the modality is the tryptamine in DMT. It is reported that these beings teach methods of communication, are always benevolent, although sometimes brutal with the truth, and they have personalities just like we think we do.[160]

Psychedelics and PSI Phenomena

Stanley Krippner said that he had reports from mediums such as Eileen Garrett claiming to have had their accuracy and sensitivity levels increased after taking LSD. Krippner also points to research done by psychologist Charles Tart's study of marijuana users.

Furthermore, Krippner tells the story of Al Hubbard, whose promotion of LSD made him known as 'The Johnny Appleseed of LSD.' Hubbard was interested in the mystical and creative potential of LSD. In this exploration, he believed it increased his clairvoyance skills.

A man by the name of Dean Brown tells the story of driving back to Las Vegas when Al Hubbard asked Brown to take a dollar bill out of his wallet. He proceeds "to identify each of the ten serial numbers and letters not only of that bill but of several others…Hubbard confided that he had developed these skills through his previous use of LSD…Hubbard later insisted they enter a casino in Las Vegas where, according to Brown's account, Hubbard was able to use psychokinesis to influence several gaming machines to pay off in his favor. However, Hubbard's reputation was well-known in the casino, and he was politely escorted out when his limit of earnings had been reached."[161]

TRAUMA/DEPRIVATION/ MEDICAL/ MODALITIES

Trauma

Trauma could have a sort of triggering event that causes paranormal abilities.

It was discovered, for example, that psychic or people, known as 'sensitives,' were more likely to be single or divorced, and people who had at one time consulted a psychiatrist. They had experienced more head injuries and serious illnesses than the controls. Sixty-six percent showed evidence of the right hemisphere and right temporal lobe dysfunction.

Abuse

There was a study with Brazilian mediums who had childhood issues. So, they were trying to shut out the physical world by dissociating, and suddenly they were talking to their deceased loved one.

There was a study in 1997 with 10 Brazilian experiencers. These subjects claimed they spontaneously gained the ability to enter into a trance. EEGs were done and supported that they were able to quickly move into a state of relaxation, immobility, and brain waves suggestive of a superconscious, "hyperaroused" state. A state that usually took yogic adepts' years to achieve.

Trauma appears to be an external event. But if reincarnation is a reality, and we choose what our experiences will be before we come here, then trauma becomes a planned, personal, and internal event. It is probably there for education or growth. The cards we have been dealt in life then end up being our choice, and playing the victim role or not then also becomes a choice. As Buddha said, "pain is inevitable. Suffering is optional." Scientific research has backed this notion. In a paper called "Extrasensory Perception Experiences and Childhood Trauma: A Rorschach Investigation." The researchers wrote:

> *This study investigated whether people who report recurrent extrasensory perception (ESP) experiences (telepathy, clairvoyance, and precognition) have suffered more traumatic*

experiences and traumatic intrusions. Thirty-one nonclinical participants reporting recurrent ESP experiences were compared with a nonclinical sample of 31 individuals who did not report recurrent ESP phenomena...The ESP group reported higher levels of emotional abuse, sexual abuse, emotional neglect, physical neglect, and traumatic intrusions. The association between ESP experiences and trauma was partly mediated by the effects of dissociation and emotional distress.

Deprivation

If you go into a quiet, dark place, you are more likely to have aha moments than if you don't and are in a crowded, noisy place.

-John Kounios, Ph.D. is a professor of psychology and director of Drexel University's doctoral program in Applied Cognitive and Brain Sciences

Sensory Deprivation

The sensory deprivation chamber has been the most important tool that I've ever used for developing my mind- for thinking- for evolving.
-Joe Rogan, comedian, and UFC commentator

The sensory deprivation tank was invented by Dr. John Lilly in 1954, for the National Institutes of Mental Health, "specifically designed to help people shut off the self."

A person floats in a tank that consists of an enormous amount of salt to water ratio, set exactly to our body temperature, and in total darkness in a soundproof chamber. All five senses of the body are mostly eliminated. Sensory deprivation is now sometimes called Restricted Environmental Stimulation Therapy (REST), which is a better marketing term.

Even the Navy Seals use this technique of an isolation tank in the Mind Gym at Navy SEALs headquarters in Norfolk, Va. There they teach SEALs to reach an altered state of consciousness referred to as "ecstasis" or "stepping outside oneself."

Within minutes it is possible to lose touch of where your body ends, and the water begins as you float in 800 pounds of salt and have no access to your sight or hearing. After a time, brain waves are lowered from our normal active beta states down through alpha and eventually to theta, the deep meditation state. Visions are common, seeing colors or faces or hearing voices. A heightened state of being and increased introspection are also experienced. Some also have a sense of being outside of their bodies as well.

The brain is faced for the first time with the experience of not receiving any sensory inputs, which it relies on.

According to Joe Rogan, the tank provides the same dissociation as meditation, so when experienced meditators meditate in the tank, it is a "game-changer."

The tank is similar to the ancient practice of a Tibetan monk sitting in a dark cave for months. All the left-brain inputs, such as sight, hearing, movement, smell, and touch, are reduced to almost zero.

These inputs create a very noisy brain, and the mind is forced to arrange and process all the physical body signals. When they are shut off in the cave

or deprivation tank, the mind can perceive or make contact with the rest of the consciousness that has been blocked out.

The best story that exemplifies what can happen in the tank comes from my friend Mark who uses the tank regularly. At one point, he considered putting one in his house.

The float experience he had started a month after his father had a stroke. This event increased the stress on Mark. After reading about the isolation tank material, he decided to give it a try.

In the first float in April 2017, he heard a clear male voice, which gave him a message saying, "Take good care of yourself." He understood it as a moment of clarity, thinking, That is true, I should take better care of myself.

The second tank experience took place eight days later on April 30th. The male voice again was heard, and this time he said, "You already have everything you need."

Five days later, at the beginning of May, he does another two-hour float. This time the voice says, "Be good and do your best. Use only your metric. Oh, and by the way, write this down."

Mark thought, "that's a good idea," but then realized that he was in a tank filled with water, so he disregarded it. The voice then said, "No, no, write this down. Write it down right now."

Mark thought, "but I'm in the tank right now." The event had changed from a moment of clarity to being told what to do. He became resistant, but it was very firm about the instruction saying, "This is very important. You should be doing it right now."

When the float was done and he was dressing, he heard, "Write this down. Write this down."

When he got home, his wife greeted him, asking how it had gone, but he raced right by her, saying, "I need a pen. I need a pen."

He wrote down the third message, and the voice said, "Write the rest of it down." Suddenly he couldn't remember the first two messages. In a state of panic, he thought, "what was the first message?"

Instantaneously, it popped into his head, "Take good care of yourself." He heard it just like he did the first time. He wrote it down and then though, "and…. what's the next message?"

Instantaneously again, the second message popped into his head. Mark realized something was interacting with him, and it could present itself when asked a question.

Even though the message was positive, Mark became alarmed. He heard a voice in his head. He went to the Dr., asking him, "what if I hear a voice?" The Dr. suggested blood tests to "test levels" done right after his next float. It came up negative.

The next tank visit was not until July 30th. This was his first four-hour float. He showed up clinging to his small orange notebook. The voice was back saying, "You are the universe, and the universe is you. It's all about love, so view this experience through the lens of love and compassion to be the truest you that you can be. Fear is the opposite of love, not hate. Remove fear as a motivating source."

Along with it came the idea – "this is important. You know that, Mark. Why are you pretending it is not important?"

He wrote it down and days later read it again. He thought to himself, Do not show this to anyone, because dude, you are losing your mind.

In August, he did another two-hour float. This time the voice stated, "Love is the answer to everything. Love can overcome everything and anything. Learning to live your life with love connects you to all there is, and all that has meaning. That's why it makes you feel good. You are meant to feel connected and loved always. Learn to become love. You are not special, in that everyone and everything is special."

As the experiences started to become more prevalent, the voice would start even before he got in the tank. Sometimes it would happen as he was driving there, and he questioned why the voice could not wait as there was nothing that he could do to write it down as he drove.

Mark discovered that he was even able to get into the tank-state just by lying in bed, as if by muscle memory. Immediately the voice was back. Once he got the message, he was not able to sleep until he wrote it down hours later. It started with the words "of course," which made him get up to look up the words.

He was feeling the oneness experience and how he was linked to nature. His thoughts moved to the ants he had killed as the sandy soil where he lives produces many ants coming into the house.

In frustration, he said, "They're just ants!"

The voice replied, "Nothing is just."

He filled in the thought that there is no just, or simple, or random, or meaningless. There is no right or moral or fair. There is, and it is connected, complete, and purposely designed.

The next day back in the tank, the voice said, “We are always with you. God, the universe, and love are all completely interchangeable terms or definitions. You get what you want. If you are not getting something, it is because it is wanted or needed. The purpose is experience and growth. Our expansion is based on whatever is wanted consciously. Today’s unparalleled disconnect or reconnect is an example of the beauty and peace that derive from oneness.”[4]

Other comments from other floats included:

- “Choose Love. Always choose love. Love is the lens that allows us to grow. Pain is a lesson yet learned.”
- “Look, and you will feel it.”

Lastly, Mark discovered that fasting (another type of deprivation) accelerated the process. He started this in 2018 after doing a fast for an event at Mount Shasta.

The Tibetan Dark Room

When you go into the dark and this becomes total, the darkness soon turns into light.
-The Tao

Free from desire, you can see the hidden mystery. By having desire, you can only see what is visibly real. Yet mystery and reality emerge from the same source. This source is called darkness. Darkness born from darkness. The beginning of all understanding.
-Tao Te Ching

The darkness actualizes successively higher states of divine consciousness, correlating with the synthesis and accumulation of psychedelic chemicals in the brain. Melatonin, a regulatory hormone, quiets the body and mind in preparation for the finer and subtler realities of higher consciousness (Days 1 to 3). Pinoline, affecting the neurotransmitters of the brain, permits visions and dream-states to emerge in our conscious awareness (Days 3 to 5). Eventually, the brain synthesizes the ‘spirit molecules’ 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion (Days 6 to 12).

-Mantak Chia - the book, “Darkness Technology”

Modern techniques like floatation tanks attempt to replicate ancient Eastern religious practices such as the Tibetan dark room.

The Tibetan dark room is an advanced practice in the Dzogchen lineages of the Nyingmapa, Bönpo, and other schools of Tibetan Buddhism. These sects have long maintained the practice of being alone in completely dark caves or rooms for days, weeks, or even months at a time. Often monks request little food or water for the duration of their isolation.

Dark room retreats in the Himalayan tradition are a restricted practice only to be engaged by the senior spiritual practitioner under suitable spiritual guidance. This practice is considered conducive for navigating the bardo, (the state between death and rebirth) at the time of death, and also for realizing what is known as the rainbow body.[162]

The time devoted to dark retreats can fluctuate from a few hours to decades. Feelings of universal compassion and Oneness are experienced during this time. Yoga and meditation are part of this practice.

Being immersed in total darkness and silence will elicit the production of chemicals in your brain that will create visions, lights allowing for self-realization. insights into your mind. Personal demons will often be experienced; however, this therapy allows you to deal with and release them.

As time progress during the retreat, your sense of self expands. You feel that you are in a continual dream state as your pineal gland produces melatonin in response to the darkness. These melatonin levels continue to build up because there has been no disruption by the blue light that normally surrounds us. This build up compels you to dream while you are still awake resulting in shifting sleeping patterns and mental state.

At this time, 5-MeO-DMT and DMT are also produced. These create hallucinations such as flashes of light, and sound connecting you with ideas and realms that aren’t part of our waking reality.

Pinoline kicks in after 5 days in darkness and participants report that their Ancestors or guides appear and deliver messages. Some of them experience seeing heaven, god, or near-death-like visions.

The brain continues to produce DMT after 8 days of being in silent darkness. The blackness vanishes and people report seeing bright white lights, astral projecting, or entering into the spiritual world.

After 12 days, a 6th sense is achieved, and people report being able to see in ultraviolet and infrared.[163] At this time, "the DMT levels reach above 25mg which allows the body to transcend into "hyperspace" or the DMT realm."[164]

Upon completion of these Darkness retreats, people have reported their perception of the 3D worlds is a complete illusion. Often taking them some time to reintegrate back into this reality.

Sleep Deprivation

Tony Wright, a consciousness researcher, who is the author of *Return to the Brain of Eden*, looked at sleep deprivation as a contact modality. He realized that during this deprivation, the left brain dissociates, which normally dominates the brain functions. He used a lack of sleep to dampen down the left brain and create a map for the freedom and potential of the right hemisphere.

He started down this path after having a powerful mystical experience in the 1990s,[5] after going three nights without sleep. His study of sleep deprivation has allowed him to push the limits, and he holds the world record for over 266 continuous sleepless hours.

The experiments that were performed on Tony Wright at Manchester University showed some very interesting discoveries confirming the importance of the left-brain/ right-brain theory. The most amazing was that his left hand (right brain) overtook his normal right hand (left brain) in dexterity and functional abilities.

When it came to publishing the finding, the results were so contrary to the standard model, and they decided that they had to run the test again. That turned into a situation where they (with their limited, frightened, rational mind) said they could not find funding, and the whole experiment went into a black hole.

Sleep deprivation can be found in other contact modalities such as meditation. The Buddha is said to have sat and meditated under the fig tree for seven days until he reached an altered state of consciousness or Nirvana. In the Epic of Gilgamesh, Utnapishtim challenges Gilgamesh to stay awake for six days and seven nights to demonstrate his worthiness of living forever and becoming a God.

Medical

Fever

In February 1858, Alfred Russell Wallace was suffering from an attack of fever (probably malaria) in the village of Dodinga, on the remote Indonesian island of Halmahera when suddenly the idea of natural selection as the mechanism of evolutionary change occurred to him. As soon as he had sufficient strength, he wrote a detailed essay explaining his theory and sent it together with a covering letter to Charles Darwin, whom he knew from correspondence, and who was also interested in the subject of evolution. He asked Darwin to pass the essay on to Charles Lyell if Darwin thought it was sufficiently interesting. Lyell (with whom Wallace had never corresponded) was one of the most respected scientists of the day, and Wallace must have thought that he would be interested in reading his new theory because it explained the "law," which Wallace had proposed in his "Sarawak Law" paper. Darwin had mentioned in a letter to Wallace that Lyell had found Wallace's 1855 paper noteworthy.

Another example, James Cameron, desired to make an action movie reminiscent of the old *Outer Limits* episodes he watched as a kid. He didn't know what to write about. But while he was in Rome working on the post-production of *Piranha II*, Cameron grew sick and had to leave early to go to bed. That night, he had a fever dream -- there was an explosion, and coming out of it was a robot, cut in half, armed with kitchen knives, crawling toward a fleeing girl. Cameron sketched the robot down after he awoke from his 102-degree fever, and once back in the United States, he hammered out a draft of what would become *The Terminator*.

Epilepsy

With TLE (temporal lobe epilepsy), I see things slightly differently than before. I have visions and images that normal people don't have. Some of my seizures are like entering another dimension, the closest to religious or spiritual feelings I've ever had. Epilepsy has given me a rare vision and insight into myself, and sometimes beyond myself, and it has played to my creative side. Without TLE, I would not have begun to sculpt.

-This testimony comes from a woman who suffers from and, obviously, often exults in temporal lobe epilepsy

Stanley Krippner, a former parapsychologist from Saybrook University, stated that he had never met a shaman who didn't have epilepsy. These shamans report contact through premonitions, NDEs, or some other bizarre visions.

Eve LaPlante, temporal lobe epilepsy (TLE) researcher, pointed out a crossover to another contact modality – UFO abduction.

She noted that many abductees feel mild, epileptic-like symptoms just before they are "captured." Some abductees feel the heat on one side of their face, hear a ringing in their ears, and see flashes of light before an abduction. Others report a cessation of sound and feeling or an overwhelming feeling of apprehension. All of this is typical of certain kinds of epileptic seizures.

LaPlante suggests that the most famous abductee of our time, best-selling author Whitley Strieber, also suffers from TLE.

Magnetic resonance imaging of Strieber's brain has revealed "occasional punctate foci of high signal intensity" in his left temporoparietal region, which is suggestive of scarring that could lead to TLE...

LaPlante also claimed that Mohammad, Moses, and St. Paul suffered from TLE due to the similarity in what was reported.

This leads to the idea that TLE may create just the right wiring in the brain or a condition that shuts off the noise inside the brain, where TLE patients can pick up on the non-local signal.

To see how clear this TLE connection is to psychic abilities, all one has to do is go and read the scores of comments on an epilepsy community forum discussion on psychic abilities.[165]

- “Ever since then, I’ve had these very vivid dreams that somehow come true... premonitions, I guess would be the word. It is freaking me out. What happens, in reality, isn't always exactly like my dream, but it's very close and often stops me in my tracks!!!”

- “I started talking to friends and family about my reoccurring dreams that were coming true when I was 14.”
- “I ran from my gifts because I was told early, around 9, that I shouldn't tell anyone about what I saw, felt heard, etc. That lead to 25 years of a lot of unnecessary pain and suffering, shame, depression, and anxiety that nearly killed me.”
- “I have strange things happen to me as well. I experience a lot in the spiritual world.”
- “My son says things all the time that come true.”
- “I have had Epilepsy since I was 4…the closer I get to God the more I have seizures, and I started having dreams, but they’re not just dreams they come true, and the closer I get to God the more seizures I have been having, the more I had dreams thinking things, and then they come true.”

Dissociative Identity Disorder - DID

In his 2005 autobiography, *A Fractured Mind*, Robert Oxnam, who has DID and has three alters, claims that one of them named Bobby can see auras.

In his book, *Minds in Many Pieces: Revealing the Spiritual Side of Multiple Personality Disorder,* psychiatrist Ralph Allison says his DID client Henry Hawksworth could see auras and after he was able to integrate his alters, he used this ability in his work as a personnel interviewer.

Is there a link between DID (formerly known as multiple personality disorder) and mediumship? The investigation of this possibility created extensive studies by the founders of the Society for Psychical Research.

One of the theories they came up with is that dissociation of DID might be a kind of bridge phenomenon, linking normal cognitive functions to paranormal cognitive functions.

Also, according to the PSI encyclopedia, many of those early studies "contained fascinating reports of ostensibly paranormal occurrences, such as apparent apports, materializations, and especially varieties of 'lucidity' (clairvoyance and telepathy)."

Brain Injury

Brain injury is a key modality that allows some people to pop out of normal waking consciousness into the field where they pick up information, paranormal abilities, and savant-like abilities.

Acquired savants fall into this category. These are individuals who have had some accident or brain disease that instantly lands them into "sudden savant syndrome." They differ from regular savants who are usually born with their abilities, such as brain disease or autism.

Edgar Cayce

The famous psychic, Edgar Cayce had two brain injuries that helped give him many different paranormal abilities.

The first injury occurred as Cayce was a boy trying to learn words from his spelling book. He was not doing well, to the great disgust of his father. In a moment of rage, his father hit him across the head and sent him flying onto the floor.

It was at this instant that Cayce reported being visited by an angelic woman figure that said, “If you rest, we will help you.”

Cayce pleaded with his father that if he could sleep for a few minutes, he would know all the words in his speller.

His father allowed him to sleep, and Cayce slept with his head on the book. When he awoke, he was able to spell every word in the book. From that day on, Cayce knew everything in any book just by sleeping on it.

Cayce’s second head injury led to his ability to be a medical intuitive. He was able to do this by going into a trance and diagnosing diseases and cures just from being given a person’s name. He acquired this skill after being hit in the head with a baseball.

It was these traumatic injuries that gave Edgar Cayce the ability to be psychic.

Other medical intuitives picked up their talent through other contact modalities. This would indicate that the modalities are closely related.

One is a girl by the name of Connie. She, her mother, father, and neighbor all saw a UFO up close at their farm in Canada in 1985, when she was five.

Connie picked up the ability to see things in the future and to be a medical intuitive.

Where Cayce would go into a trance, Connie only needs a photo of the person, and she can tell what is wrong with them. She told me that she sees an area on the body that appears grey, and hence, she knows that is where the problem was.

Another medical intuitive was Bennett Mayrick, who developed the contact modality of rapid image cycling. (See also chapter on Rapid Image Cycling). He was discovered by Dr. William Bengston for his ability to diagnose people. Bengston did a test where everyone going into a hospital signed their name on a card. The card was put in an envelope and held at the registration desk.

Bengston would go and gather the envelopes. Mayrick would hold up the card and tell what the person had gone to the hospital for. He was 100% accurate.

Orlando Serrell

Like the famous American psychic Edgar Cayce, after being hit in the head with a baseball at age 10, Serrell developed special abilities. These

included doing calendar calculations and the ability to take any date (since his injury) and describe the exact weather, everything he had done on that day, and things that had appeared on the TV.

Peter Hurkos

Hurkos was one of the most famous precognitive psychics. In 1941, he fell thirty feet from a ladder hitting his head. He was hospitalized for three days.

Hurkos was brought to America for psychic testing by Dr. Andrija Puharich, the same CIA-associated scientist who brought Uri Geller to America.

Dr. Puharich concluded that Peter had psychic abilities, he could tell things about people, especially when he would shake their hand. He could also see into the past, present, and future.

Jason Padgett

The book*, Struck By Genius: How a Brain Injury Made Me a Mathematical Marvel* tells the story of Jason Padgett, who acquired synesthesia and savant syndrome due to a brain injury he sustained during a brutal mugging in 2002, in Tacoma, Washington.

His understanding of math and physics skyrocketed, and he developed the astonishing ability to draw the complex geometric shapes he saw everywhere.

Brain Disease

Brain disease has produced some of the most powerful examples of contact modalities, where seemingly handicapped people have an island of genius that is far beyond anything in the normal world.

One of the examples of this is autistic people who can play any song they have ever heard once or can create music that seems to come from elsewhere.

One such individual was Leslie Lemke, whose grandmother woke up in the middle of the night to find that blind and severely mentally impaired Leslie was flawlessly playing Tchaikovsky's Piano Concerto No. 1. Leslie had heard the song earlier that day on TV. Lemke only needed to hear the music once in order to play it exactly.

Another example is Derek Paravicini, a blind, British musical savant. His disabilities were so severe he could not tell his right from the left hand. He could, however, play any song he had heard. He could also change the key and play the song in a different style of music.

One instructor of such musical savant children, David Pinto, described how these students could bring back music from the place where dreams are born:

> *I had composed concertos that I wish I could remember when I woke up. I have played outlandishly wonderful jazz solos but the moment I wake up, the wisp of that imagination disappears. It is not strong enough. It is like smoke that can't withstand this physical world. They are in touch with it. It doesn't blow away. It's just there.*

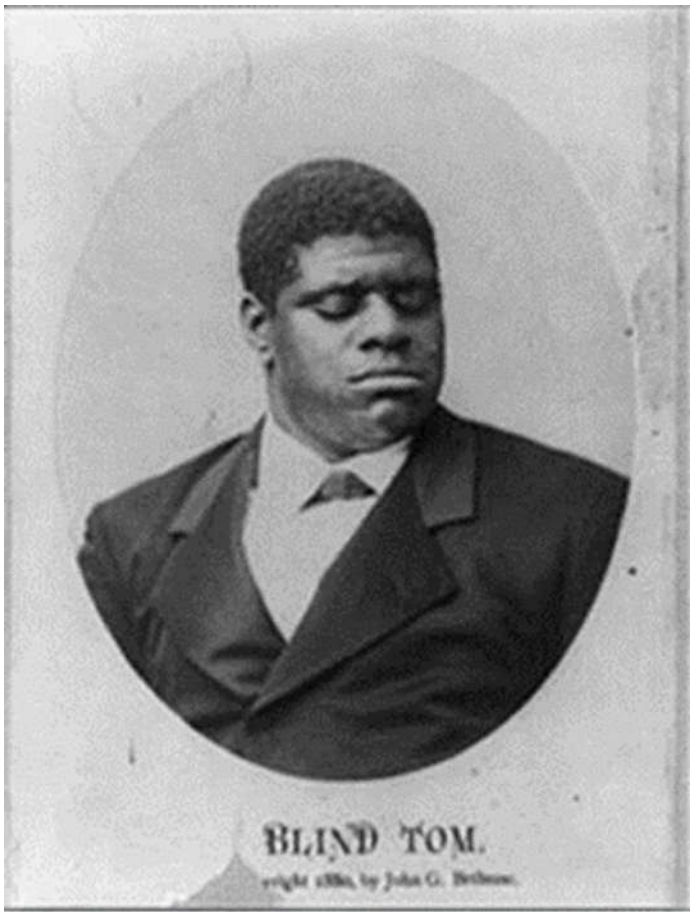
These are autistic boys who display savant syndrome from the 1960s, in the photo above. They are calendar counters and have IQs of 60.

Other such savants like the Sacks twins had a love of prime numbers. They were able to deduce if 16-digit numbers were prime numbers or not. In those days, there was not even a computer capable of calculating the algorithm for these prime numbers. So, they weren't even able to check if these boys were correct in some of their complex calculations.

Like many savants, they were able to calendar count as well. They could get any date in the future and would be able to tell which day of the week it would fall on. They are using their right brains to pull all this information from somewhere, but when asked a simple question like what is 2 + 6, they couldn't get the answer right. When tasked with using their left brains to make a logical calculation, they cannot do it.

Blind Tom

Blind Tom was one of the two top mega savants. What he was able to do was contact some other world of genius far beyond anything found in our waking consciousness environment.



Born in the late 1800s, he was a musical prodigy and had published many of his original compositions, a repertoire of over 7,000 songs. He is known to have played the piano for 12 hours a day. One of his favorite feats was playing "Yankee Doodle" in B flat with the right hand, "Fishers Hornpipe" in C with his left hand, all the while singing "Early in the Morning."

Savants

Right now, we know for a fact that acquired savants, like Orlando Serrell, had a head injury. After Orlando got hit in the head with a baseball, he started speaking in a foreign language. Orlando had never spoken Spanish before, and after this injury, he was suddenly fluent in Spanish.

Figure 12 Orlando Serrell

This is the issue with trauma. Sometimes trauma can be the catalyst that causes a person to dissociate. It's shutting down the left brain, and suddenly the person can tap into the field and pick up information that normally they wouldn’t have been able to.

Daniel Tammet

Daniel is one of the few prodigious savants in the world. He suffered seizures as a child. He also does calculations, and since he is a synesthete, he sees numbers as colors, shapes, and textures. He figures out mathematical equations by seeing which shape fills up the space between the two numbers, and that is his answer. Amazingly, it only takes him a week to learn a new language.

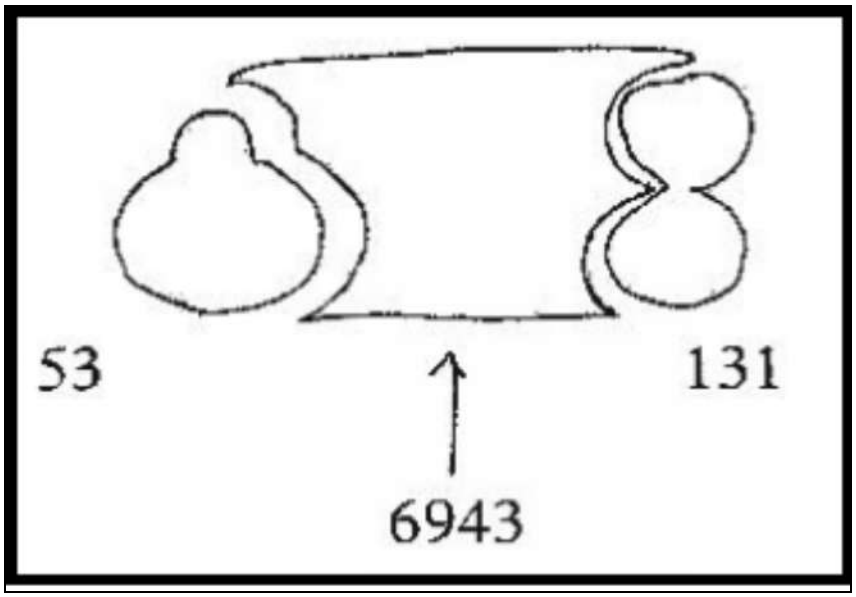


Figure 13 Calculating shapes as answers to mathematical questions

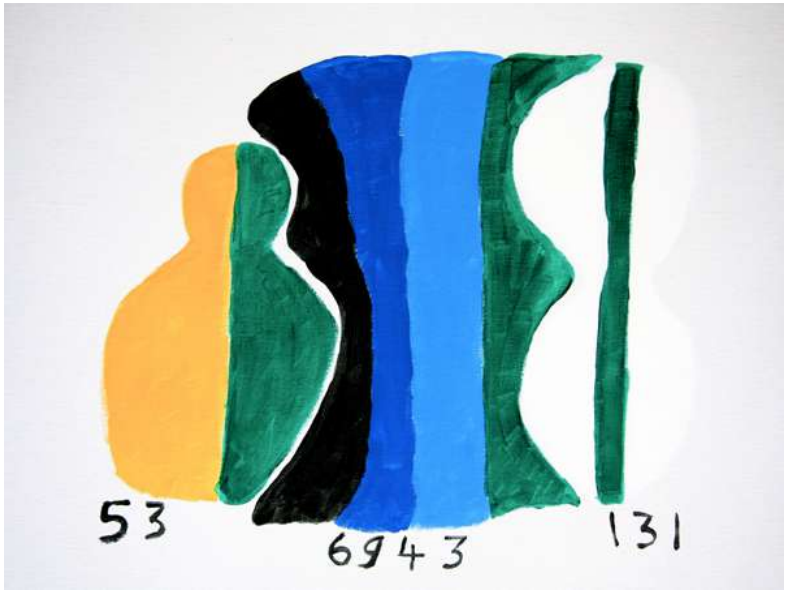


Figure 14 How Daniel sees the equation in color

Laurence Kim Peek

Laurence Kim Peek is known as a mega-savant; he had a congenital brain abnormality, which resulted in him being born without a corpus callosum. He is known for being able to retain enormous amounts of information and is able to read the left page of a book with his left eye and the right page with his right eye. He is said to be able to retain almost everything he ever read, which is every single page of 12,000 books. In the movie Rain Man, which is based on Peek, he counts a pile of matchsticks as they fall to the floor.

Figure 15 Laurence Kim Peek, the real Rain Man

Remote Viewers (with Near-Death Experiences)

Joe McMoneagle, Paul Elder, David Morehouse, and Dannion Brinkley became psychic after near-death experiences. Dannion had his NDE after being hit by a lightning bolt while on the telephone, sending at least 180,000 volts of electricity through his body.

McMoneagle and David Morehouse became top remote viewers for US intelligence after their near-death- experiences. Paul Elder had three near-death experiences before being recruited by intelligence.

This links up with the 58% of UFO experiencers who state they became more psychic than before their experience combined with 37% of experiencers who say they have had near-death experiences.

RECREATIONAL MODALITIES

Sigils

Sigils –a symbol created from meaningful images, letters, or signs, representing your desired result. Your intention is embedded into the sigil, activating it, and through the process of its creation, it becomes charged with focused intention and emotion. Used in chaos magick and many other rituals, sigils are utilized to help you attract your wish, invoke entities, or bring fortune into your life.

Grant Morrison, the cartoon artist behind *The Invisibles* had this to say about sigils:

> Try launching your sigil while performing a Bungee jump from a bridge, perhaps, or sit naked in your local graveyard at night. Or dance until you fall over. The important thing is to find your own best method for stopping that inner chat just long enough to launch a fiercely visualized, flaming ultraviolet sigil into the gap. States of exhaustion following ANY intense arousal or deprivation are ideal.

Walking

Walking is a normal activity people do throughout their day. Long walks can become meditations. They can allow for dissociation.

I had a major download experience in 2016 while walking. I walk maybe 10 miles or more a day. My impression of what is going on is that the ego-mind has less sensory inputs; it quiets down, the noise reduces, and the signal can be read.

Walking also slows rumination, which is strongly associated with increased activity in a portion of the brain known as the subgenual prefrontal cortex.

Walking would fall into the same category as zoning out, which can be a form of meditation when a wandering mind gets distracted and sort of goes for coffee. This reduces noise and increases the signal from outside the waking consciousness field.

Many insights and discoveries have come during a period when a person is zoning out and cutting down the noise.

Walking - In February 1882, Nikola Tesla was in a city park in Budapest, Hungary, with a friend to whom he was reciting stanzas from Goethe's Faust. Suddenly the completed idea came into his head for an iron rotor spinning rapidly in a rotating magnetic field, which would become patent 155,190 – the alternating motor. He drew a picture of it in the dirt with a stick for his friend and said, “watch me reverse it.”

Walking - In October 1843, Irish mathematician Sir William Hamilton discovered the fundamental formula for quaternion multiplication while walking with his wife along a canal. “An undercurrent of thought was going on in my mind which gave, at last, a result,” he recalled, “an electric current seemed to close, and a spark flashed forth.” He was so excited by the insight; he carved the formula into a stone on the Brougham Bridge.

Driving

While driving to his cottage in Northern California late one night in 1983, and while his girlfriend slept, Kary Mullis had a ‘Eureka’ moment. He suddenly had the idea to use a pair of primers to bracket the desired DNA sequence and to copy it using DNA polymerase. That gave him the polymerase chain reaction (PCR) technique, which helped him share the 1993 Nobel Prize for chemistry.

Diving and Music

The story is told of Yoshiro Nakamatsu, the inventor of the floppy disk, which came to him in 1950 while listening to Beethoven's Symphony No. 5. He is the holder of 3,377 patents, which is three times that of Thomas Edison. One of his methods for dissociating is to dive deeply underwater. He used this process of deep diving until his brain started to be deprived of oxygen. Then as he explains it, "Zero-point-five seconds before death, I visualize an invention."

He then writes down his ideas with an underwater pencil and note pad then floats back to the surface.

A questionnaire responded to by 211 managers and professionals on LinkedIn, showed that only 0.5% claimed to have gotten a 'Eureka' moment at work when the left brain would be fully active and in charge. Of the 348 'Eureka' moments reported, all showed periods where the left brain could be quietened, and dissociation may occur: 11.2% showering, 9.2% sleeping, 8.6 % driving, 7.2% working or running.[166]

Dancing

There are several cultures that have documented contact or enlightenment through dancing.

In the neurological work done by Dr. Andrew Newberg and his team, he described the Sufi practice of Dhikr (see also: Whirling Dervishes) to be one of the more powerful approaches for rapidly changing states of consciousness. He stated that it closely resembled the gospel music and dancing that would bring about the Pentecostal practice of speaking in tongues. Leading him to believe that any forms of "rapid movement may increase the likelihood of having enlightenment experiences."

There are many Indigenous cultures that perform healing dances using drumming, song, and dance in circles to heal themselves and members of their tribe or group. The Jingle dress dancers in First Nation and Native Americans, the Kalahari Bushmen of the Kalahari region in Africa, the Vimbuza healing dance of the Tumbuka people in Malawi are just a few examples.

Ritualist dance has been used to connect with the Divine throughout history.

Drumming

Neurology

The sound of drumming creates strong, repetitive neuronal firings in the auditory pathway that could block out other sensory stimuli. Multiple sound frequencies, recurring at an even and steady rate, tend to block the left-hemisphere processing of the cerebral cortex and simultaneously activate cerebral electrical rhythms not ordinarily employed in normal conscious awareness… the physical transmission of rhythmic energy to the brain synchronizes the two cerebral hemispheres. Brain hemisphere synchronization links the conscious and subconscious minds, opening one's ability to hear and recognize the messages of one's own inner voice.

The traditional shamanic method that's used to enter trance (Theta) states involves drums and rattles beating at around 210 beats-per-minute, the equivalent of 3.5 Hz. The low frequencies of the drums induce the trance state, while the much higher rhythmic frequency of the rattles maintains a state of heightened alertness.

Research has shown that drumming is "one of the fastest ways to alter consciousness," and research done in the Netherlands discovered that, "dancing, chanting, and drumming all together make the entire group feel more united."[167]

A study by Dr. Csaba Szabó, at Debrecen University, Institute of Psychology, Hungary, of 118 students on the effects of monotonous drumming, 210 beats-per-minute for 30 minutes,[168] showed that drumming had a significant effect on subjective experiences. These are similar to altered states of consciousness induced by hypnosis, and drumming affects the content of the experiences.

If participant subjects listen to drumming, subjective experiences change significantly compared to experiences in the usual alert state. There are changes in one's perception of self and perception of the world, also in the importance of things. Self-consciousness becomes less accurate, and the border between one's self and the outside world becomes fuzzy. Participants felt that while drumming, their state of consciousness had changed very strongly. All these changes indicate that drumming can induce an altered state of consciousness.[169]

The Hindu God, Shiva Nataraja, Lord of the dance, is beating his drum and dancing the world into existence. His rhythmic movements represent the dance of birth, death, and rebirth... a never-ending cycle.

Music

Oh, I hope I remember this.
-Words in Carole King's head sitting at the piano as the Grammy Award-winning Song of the Year "You've Got a Friend" started to flow into her head

The best songs for me are songs which were written very quickly. Yeah, very, very quickly. Just about as much time as it takes to write it down is about as long as it takes to write it.
-Bob Dylan

The Universe turned me on to this message: "Our ultimate destiny is to live in the joy of being alive." But it also turned me on to this song!! I could see it all in my mind like the words. "Our ultimate destiny is to live in the joy of being alive. Lenny Kravitz – 'Fly Away.'" Wha?! Wow! I love it! Thanks, Universe!
-Skywalken Luke

Neurology

As mentioned earlier, playing music changes brain structure after even only a couple of weeks. In one study, "Thirty right-handed volunteers were divided into two groups and charged with learning a new task involving sequences of finger movements with the non-dominant, left hand." Half of the volunteers learned the task with musical cues. The rest used other techniques.

After only four weeks, the University of Edinburgh researchers found, "a significant increase in structural connectivity in the white matter tract that links auditory and motor regions on the right side of the brain."[170] The other half of the group had no change. This would support the theory of read and write brain structures, as opposed to genetic determinism or chance.

Another very interesting neurological tie into music is syncing the brainwaves of musicians playing together. This research was done at the Max Planck Institute for Human Development in Berlin. Evidence of this syncing of two separate brains together is also found in the rapid image cycling modality, and in the psychic modality chapters.

The music experiment involved 16 pairs of guitar players who were assigned 60 repetitions of a song ("Sonata in G Major," by Christian Gottlieb Scheidler) with two parts so that the syncing would not be caused by both playing the same thing. Also, “a leader and follower were assigned, one setting time and the other following.” Their brains were monitored.

What resulted was brain oscillations called “phase coherence,” which researchers called a “hyper brain.” The information seemed to flow between the two as if it was one giant brain. The brains also showed “phase locking,” where “brain activity synchronizes with outside stimulus.”[171]

One of the researchers Johanna Sänger added, "We think that different people's brain waves also synchronize when people mutually coordinate their actions in other ways, such as during sport, or when they communicate with one another."

Musical Contact Stories

Music is tied into several contact modalities, such as many religious practices that lead to mystical and enlightenment experiences. It has also been connected to shamanic practices involving music, drumming, and dancing.

A few years back, I got a message from experiencer Chris Bledsoe. He said he received a message from his ET contacts who he called the Guardians for me. The message to me was that “the message was in the music.”

When I looked into what this could mean, I found that numerous musicians have the ability to make contact outside of the rational-analytic process to download songs.[172] This ability may tie into the fact that musicians are right-brained and creative and therefore do not have the left-brain noise in the signal the same way a non-musician might have.

There are also hundreds of examples of musicians getting songs during their dreams. The most interesting thing that musicians will describe is that the songs they receive during a dream are not like ordinary dreams that are

symbolic and full of gibberish. Musicians will report the song is very clear, and they can recreate it when they wake up.

The most interesting story of dream songs is the origin of the song, “She’s a Mystery to Me,” written by Bono.

It was the night before a 1987, Joshua Tree Tour concert at Wembley stadium when Bono was having a hard time sleeping. He was playing the soundtrack to the movie *Blue Velvet* on repeat through the night.

That movie included the song "In Dreams" by Orbison, who also received that song in a dream. When he woke up, Bono also had a song in his head, and he immediately thought it sounded like an Orbison song.

He wrote down the structure and presented it to the band during their soundcheck. They thought he should finish it.

After the concert, Bono was in the dressing room working on the song when security came to the door. They announced that Roy Orbison had been in the audience, and he would like to talk to Bono.

Orbison stated that he loved the concert, and he would like to play with the group. He asked Bono if he had a song they could play, to which Bono told him he had just gotten one that morning, which might work. The song “She’s a Mystery to Me” was born, produced, and released after Orbison died.

Many of the musicians I looked into, such as John Lennon from the Beatles, Keith Richards from the Rolling Stones, or surf rocker Merrell Fankhauser either had a pad of paper or tape recorder by the bed to record things that might come in the middle of the night.

There are also endless numbers of stories of spontaneously created songs such as the song “American Woman” created by the Canadian band, The Guess Who. It sat at the #1 song in the United States for three weeks.

The part of the story that many don’t know is that the band never wrote the song. It happened spontaneously while they were playing a concert in 1968.

They didn’t even remember playing it, and the only reason the song exists today is that a fan in the front row was holding up a hand-held tape recorder to bootleg the show. The band seized the tape and found the song on the tape later when they were playing it back.

Then there was the story that combines music and angels in the ‘other realm’ or wherever it is that spontaneous songs come from.

Stuart Sharp was an ordinary British man without any musical talent. In 1947, as a three-year-old, he had a contact event with "an attractive woman and a young boy standing motionless by the bedroom door." He called them the Snow People.

On Christmas day 1975, Sharp had to bury his first-born son Ben who had died in childbirth. That night after the burial, he fell asleep and had a second contact – this time in a dream:

> *I was back at the gravesite with Ben in the dream. I saw Ben rise from the coffin and sort of travel up towards the skies. And suddenly, I started hearing this wonderful angelic music. And then I heard these angels came down and spoke to me. And one of the angels said to me, 'Ben is safe now. And in these circumstances, we always leave somebody a gift, and the gift for you is you will remember everything. And I could hear every single note of this piece of music. I heard everything.'*[173]

With every note stuck in his head, Sharp knew he had to compose the symphony he had been gifted. He left his family, learned to play an instrument, and over the next two decades, worked to recreate what he heard in his head. He raised over one million pounds, got it scored, and played by the London Philharmonic Orchestra once. It was the only time the orchestra ever gave a standing ovation to the composer.

The symphony was called the "Angeli Symphony."

Crystal Bowls/Tibetan Singing Bowls

Also used to achieve trance-like states, these various kinds of singing bowls are also used in healing and religious ceremonies. Many meditation groups will use these along with drumming and Aum chanting to create a dissociative meditation experience.

There are many claims made on the internet linking the vibrational sound created by the bowl to creating alpha waves in the brain.

Another claim is that two different bowls can be used to create binaural beat frequencies. There has been some laboratory research that has started going down this road.

Examples of musical techniques using frequency parallel other contact modalities. Two examples would be:

- Chanting Aum and mantras used in various CE-5 protocols used to encounter the intelligence behind UFOs.

- Songs are used to increase the frequency in séances. In one Illinois séance circle, the participants learned that the intelligence they were in contact with liked ZZ Top music. The famous 'Philip experiment' was performed by parapsychologists in Toronto, Canada, in 1972. After a year, they were about to deem the experiment a failure. The minute they changed and added music and a party atmosphere, they experienced immediate success in bringing forth their made-up ghost.

Dr. Alfred Tomatis, a French ENT surgeon and sound researcher, claims that the small bones inside of our inner ears, which carry the frequency of sound to our brain, vibrate and create a healing resonance within the entire cranium. His studies concluded that sounds were either discharging sounds that drained one of energy or charged sounds that were stimulating and could lead to health and vitality. He worked with a group of monks who had stopped their daily practice of Gregorian Chanting and had become depressed. He traced this to the fact that the chanting had been stimulation to the brain and nervous system and had deep effects on their mental health. Once he convinced them to stop their practice of silence and to get back to the changing, the monks indeed felt happy once again. This study also led him to believe that Gregorian chants were among the highest-grade sounds one can listen to, creating health and maintaining positive energy levels.

Lucia Light Therapy

The Lucia light is touted as a hypnagogic light machine.

Desta had the chance to book a session while she was living in Vancouver, she says:

> *At that time the Lucia light was traveling around to different cities and I saw a posting for it at my Floatation center. I was placed on a comfy lounge-style chair with a blanket and this light was placed in front of my face. Instantly, there were layers*

of colors and textures and a kaleidoscope of spiraling brightly colored images.

I felt a sense of drifting out of my body and escaping into this colorful, peaceful place of shifting and melting colors. I just kept feeling my body floating up and up and into an expanding warm, white light that was full of peace and silence and an all-encompassing Oneness. I was overwhelmed as I felt I was moving and turning inside of this abyss and I noticed that I was completely surrounded by loved ones and that they were taking me on a journey. I began to hear chiming crystal-like music, all the while these colorful images surrounded me like a tie-dyed symphony of harmony and joy. At one point near the end of the experience, I had a very clear but loud whisper in my right ear that said, WE ARE ALL ONE. It startled me and I actually flinched away from the voice. I realized that I didn't recognize this voice as someone I knew. It sounded like a 60-year old woman and yet not like anyone I knew. It was so loving and comforting, I could tell she was smiling as she spoke. For days after this experience, I had numerous instances where I heard her voice again and I even had dreams about her but I could never place this mysterious woman. She definitely made this experience unforgettable and for this, I was truly grateful.

DEATH MODALITIES

The death modalities connect to an earlier section on trauma and dissociation. Trauma is often a gateway to contact.

The experience of death is probably the biggest trauma faced in life, and therefore it produces an extensive number of contact modalities, where the waking conscious mind becomes dissociated, producing anomalous communication and non-local consciousness experiences.

Before I got into UFOs, I did a study with dying people. It was during this study in various Winnipeg hospitals talking to chaplains, that I learned that many unusual experiences occur in and around the time of death.

I went into the study looking to explore if any of the rumored stories of people predicting the exact time of their death, dead relatives coming just before death to comfort the dying, near-death experiences, out-of-body experiences, and miracle cures surrounding imminent death were true.

The chaplains I talked to seemed to confirm all of the strange stories that I had heard. Anomalous stuff does happen around death. There does seem to be a large number of breaks in waking consciousness to some other level or aspect of reality.

Pre-birth

This is an odd modality that is described by several UFO experiencers. Many times, these stories will be revealed during hypnotic regressions to recover lost time.

Such was the case with Chris Bledsoe, who was being regressed by Harvard psychologist, Michael O'Conner to recover the events that happened to him during a UFO encounter with four other witnesses in 2007.

During the regressions, Bledsoe stated that he had been chosen, to which O'Conner asked him how he knew. In part, Chris replied, "Since birth. Before birth. It's possible. Everything is possible. They're my Guardians. They were with me before I was born. They take care of certain people."

The Moody Blues is known for the possible abduction of the entire band in 1967. In a later conversation with researcher Colin Andrews, Mike Pinder, and the lead guitarist explained to Andrews how they all

remembered having a meeting before they were born and planning that they would become musicians.

Another musician, Steve Boucher, was also a member of a Canadian band that was all abducted in 1972 by gray aliens. He also recalled pre-birth memories of being with an alien who was telling him about his upcoming mission to Earth.

Almost all regressions that are deep enough and done properly can move people back into past lives and life between life (LBL), which requires a long process of deepening the hypnotic state into a Theta trance state and breaking through the amnesia that impacts us at birth.

The technique was perfected by psychologist and hypnotherapist Dr. Michael Newton, who, during his life, did 7,000 regressions into the LBL state. His students have done another 28,000 sessions with patients.

Critics of hypnosis will raise many issues that Newton has addressed many times:

Dreaming – people don't dream in chronological order or hallucinate in directed trance states.

False memory – Newton always acted as if every case was unique, and his results were never made public. If people had false memories, the 7,000 stories would be all over the map with no consistency in what people report.

Pleasing with a story – Once again, the stories would not be consistent. The best example would be, if people are making it up, why does everyone describe the people doing the life review as having metals around their necks with strange symbols around the edge, or that their spirit guide who is with them stands behind them and to the left.

I consider Michael Newton's material to be the best there is as to how explaining how reality really works. There is a massive amount of material that all agrees with what the people under hypnosis are saying. The trance is so deep, it is far from the left-brain interpreter in the left brain, the source of all false memory.

The Newton trance states can cut out the waking consciousness completely and therefore obtain a pure signal.

Near-Death Experience

I was the ALL and knew the ALL. I certainly don't retain it or pretend to, but I knew it then.

-Near-Death Experiencer, making the same claim that 40% of all UFO experiencers claim – at one point, they knew the answer to everything in the Universe

The near-death experience (NDE) has become very well known since the first book was written about it in the mid-1970s by Dr. Raymond Moody called *Life after Life*. The number of cases of NDEs skyrocketed after the invention of cardiopulmonary resuscitation (CPR) was developed in 1960. Every year, better medical procedures can bring more and more people back from the brink of death where these experiences take place.

Some NDEs will result in the patient flatlining, meaning the EEG shows no brain function activity. What these people experience during the time they are clinically brain dead, they say, is more real than the real world. This is a key characteristic that is shared in other contact modalities such as lucid dreaming, OBEs, psychedelics, and UFO matrix-type experiences.

Kenneth Ring, Ph.D., is a professor of psychology at the University of Connecticut, and a past president of the International Association for Near-Death Studies, (IANDS) who did a major study on these modality crossovers. The crossovers to the UFO phenomenon was so strong that some of the questions Ring used for his studies were employed in the FREE survey and got the same responses. He wrote:

> *Included in this set of non-ordinary occurrences are such phenomena as out-of-body experiences (traditionally the province of parapsychology), near-death experiences (near-death studies, medicine), shamanic experiences (anthropology), psychedelic experiences (transpersonal psychology), night terrors (folklore), and UFO encounters (ufology). That there are significant similarities among subsets of these experiences, both in terms of phenomenology and aftereffects…*[174]

Speaking specifically to the crossover between UFO experiences and NDE experiences Ring wrote:

> *When one begins to probe beneath the divergent phenomenological surfaces of these two types of experiences, one sees that for all their dissimilarities, there does appear to*

be a common structural basis for them both and a shared archetypal patterning that binds them.[175]

What is happening is that the bubble machine part of the brain has shut down, and you now have a clear signal.

The NDE has one really important link to the UFO phenomenon. As I mentioned in the Alien Contact modality section, the more the data is reviewed, the more it appears that the UFO phenomenon is not random.

Consider the fact that in the FREE experiencer survey, 37% of all experiencers said that they had experienced an NDE. That is over seven times the national average.

Could it be possible that only 11% of the population has a random UFO experience, and then a whopping 37% of those have a random NDE? (There is no data for this, but the number of experiencers having two or more NDEs is going to be high)

A giant mystery is raised. How can so many people share two different but rare, random experiences? The answer is that maybe it is not random.

In the FREE survey, 75% of experiencers believed that reincarnation had something to do with the UFO phenomenon; and 26% of experiencers stated that the NHI (Non-Human Intelligence) talked to them about reincarnation, or that they had interacted with an NHI in a past life.

If reincarnation is a fact, the idea of things being random goes out of the window. This was backed up by the FREE survey that showed that 26% believed they had agreed to be an experiencer. One of the more prominent researchers/experiencers in this category is Kathleen Marden, who wondered about clients claiming an agreement. She herself had a regression, and when the question was posed, she too said Yes, she had agreed.

People choose to be UFO experiencers to learn or help fulfill a mission, and 37% of all those people also chose to experience an NDE either for a learning experience, or the trauma of the NDE caused the person to dissociate and become psychic.

Another crossover is that many of the government remote viewers such as Paul Elder, Joseph McMoneagle, and David Morehouse all had NDEs.

There are other NDErs that are doing similar work in the psychic field such as Peter Anthony, who was employed by law enforcement as a psychic detective; spiritual mediums such as Susanne Wilson; psychic

diagnosticians such as Dr. Yvonne Kason; astral projection experts such as Dr. Dianne Morrissey; earthquake sensitives such as Elaine Durham; and EVP experts such as Gabbie Chase.

NDEs appear to stimulate the development of psychic awareness and other contact modalities, according to 1983 research by Dr. Bruce Greyson, supporting the idea that all contact modalities are, at their core, the same thing:

> *Seventy-five % of subjects reported out-of-body experiences, 49% reported an apparitional experience, 39% reported apparent extrasensory experiences, and 21% reported having been the subject of someone else's psychic experience during the NDE.*[176]

Ring summed up NDEs by talking about the dissociation component that seems to permeate all contact modalities:

> *One characteristic of NDErs is dissociation, a form of psychological fragmentation in which one portion of the individual splits off, like an autonomous entity, from the conscious self. Evans holds that dissociation is the key that, in effect, unlocks the door into alternate realities, it is important to determine whether NDErs are especially prone to dissociation…*[177]

Supporting Evidence from Children

> *A man should look for what is, and not what he thinks should be.*
> **-Albert Einstein**

New dramatic evidence has been produced to validate Kenneth Ring's idea that something other than our physical bodies can separate from us and this part of us can see, hear, and experience reality.

Some would term this the etheric or astral body which has always been connected with the physical body but is not noticed by us until it moves away from our physical body during a near-death or an out-of-body experience. Whatever one wishes to call this new self, whether experiencing the world from the ceiling of the operating room, or

moving through a tunnel of pure white light, this secondary body can hear and see. This is important.

The reason this is so important is the fact that during an NDE the brain has flatlined and there should be no seeing, hearing, or anything else connected to consciousness.

Those trying to maintain the neurological religious belief that the brain causes consciousness, will bring up all sorts of nonsensical justifications to account for the continued awareness. They will state that all the events occurring during the NDE were just experienced once the brain got back online. This, however, is nonsense as people accurately describe conversations and actions by people in the operating room that occurred during the flatline period.

Stuck with this new roadblock, the last refuge thrown out is that there is a part of the brain that is still active and is not picked up by the EEG. The suggestion is raised that there is some magical green-eyed cat, wearing a toga, and smoking a $15 Cuban cigar that is still busy in the brain gathering incoming data, even though the brain would appear to be dead.

The key problem with this is that the person is not only flatlined, but the eyes are closed. How then it is possible for the person to see what is going on in the room? Even the most hardened skeptic would not dare to claim that people can see with their eyes closed, let alone describe what is going on from a point of view that is away from the body on the operating table or hospital bed.

This leads to new work being done with children by Nicola Farmer, a medium in the United Kingdom. She received the information in a download that lasted about 20 minutes after being told by a voice in her head to get paper and pen.

What was communicated to her was how to train children to see through the blindfold. In the many videos Farmer has released, children are seen to be reading, playing catch with a ball, and drawing while wearing a blindfold.

After seeing the videos, it became obvious to me that this might be the most important study ever done in paranormal research. That is because what appears to be happening on film is recreating the sight and hearing that is experienced during OBE and NDE states. Unlike much research in the paranormal world, this is easily duplicated and documented.

The evidence that connects this to OBE and NDE states include:

- The children report seeing without their eyes through the blindfold. The physical eyes are not involved.

- The early reports that they can see clearly without their glasses. This is reported in OBE and NDE states.[178]
- One young boy stated he could hear things a mile away which would imply something other than the ears is doing the hearing.
- The children exhibit signs of being precognitive, which is a modality found when the left ego-mind is not there (in children) or is quietened in adults.

The research also fits into other contact modalities in the following ways:

- Farmer reports that it only works before puberty after which the left brain becomes dominant. Contact modalities all seem to involve the shutting down of the left ego-mind. This reduces the noise so that the right brain can pick up the signal.
- This lack of ego would also be seen in NDEs where the brain is offline and OBEs where the person's body is asleep, which switches the left brain to a theta/gamma state.

When I saw the videos and realized that it was duplicating the OBE and NDE states where there is perfect sight and hearing I realized that this could lead to allowing deaf people to hear and blind people to see.

That is because it is the physical eyes and ears that have failed. Research has shown that blind people can see in NDEs, and there are some limited reports that hearing can also be regained.[179] During these experiences it has been reported that "74.4% said they had 'More consciousness and alertness than normal.'"

I raised the idea with Farmer that if a child had lost hearing or sight, then would putting them through the 10-week training with the blindfold create a situation where their etheric sight might kick in? Just as we have seen during OBEs and NDEs… Could this mean the child might be able to see or hear again?

Farmer was way ahead of me and had already realized this possibility. She had worked with one blind subject with some success.

It is this kind of research that would provide some sort of evidence of a secondary, etheric or astral body and would alleviate a lot of suffering in the world. Unfortunately, the research with children is just beginning and there are not many teachers who have gone through the rigorous training needed to teach the children.

Pre-death Visions

According to Dr. Peter Fenwick, the Dalai Lama had written in 2004 that everyone is given notice of their death two years before it happens. This might come in the way of a dream. When this happens, our behavior changes, and our breathing changes. There are no clear examples of this

contact from the other side, but there are many stories about contact just before death.

As I mentioned before, I did a study in the 1970s where I questioned chaplains at hospitals about events that happen in and around death. One of the questions I asked was, "Do people get visited before death by someone to help take them across to the other side?" The group highest on the list was 1st-degree relatives, followed by spouses. There were many stories of people standing outside the room, which were often spiritual beings, people coming into the room, and even sitting on the bed. These incidents happened to all people, regardless of religious beliefs.

My father, who was not particularly religious, had a vision a couple of days before he died. His father, who died in 1956, was in the room. He did not tell me this story but did tell my mother. She asked him what his father had said. My father replied, "He was just here. That is all you need to know."

Part of what has been going on here is dissociation from an ego-state mind to a non-dual role that people like Dr. Fenwick claim everyone goes through. During preparation for the death process, people start to give up everything… their possessions, their family, and they fight to live. I saw this in my father.

As we move into this non-ego state, we dissociate from the left brain, which is in charge of getting and keeping these things. In a dissociated state, the individual gets out of his way, and it is easier to connect to the non-waking state consciousness.

Death Prediction

I found during my 1970s hospital study, that people uttering death predictions were not that uncommon. Many patients would tell the doctor, "Today is the day I am going to die," and they were usually right.

At this point, the dissociation process is almost complete, and nothing is blocking the non-waking state knowledge.

In this same hospital study, one chaplain told me an interesting story about this. According to him, whenever a patient would have such a bizarre prediction of claim, the nurses were instructed to call the chaplain instead of the doctor.

One morning, this chaplain got a call that a patient was saying he was going to die. He was very distressed, as his wife had just left to go shopping. He was demanding that they get her back. This was in the days before cell phones, and such a request was easier said than done.

The chaplain arrived and asked the man how he knew he was going to die. The man replied, “I just know. Get my wife back.”

The man had cancer, and usually, such patients have a very good day before the end. This was just such a day, which the chaplain reminded him of. It did not calm the man at all.

The chaplains said, “We are looking for your wife and will get her here as soon as possible. How do you know you are going to die?”

The man replied that he had a funny feeling in his legs and stomach, and then returned to pleading for his wife’s return.

The wife was found and finally arrived back in the hospital at 3:30 pm. At 4:30 pm the man was dead.

The final moments of a person’s life can include a lot of eerie stories that indicate we have much more control over the death process then would be expected by the widely held belief that we are biological robots with no control over our fate.

When I asked chaplains the question if there were any last-minute miracles, I did hear some stories, but the chaplains always tied the events into the mind of the dying person. If the person suddenly found a reason to live, there would be a remission type miracle, but everyone returned to die when that reason was completed. This remission might be days or years. The person would leave as if they were suddenly cured, and when the task was done, they would die almost as soon as they arrived back at the hospital.

This same phenomenon was seen when people hung on. The worst way to die is with regret. There were many stories of parents who had fought with or rejected children or siblings. At the last moment, many would ask for a person to be brought so they could say, “I’m sorry.”

The person would be contacted. They would come from far and wide. The person would hang on and then die minutes or hours after the reunion.

Terminal Lucidity

This is a new form of dissociation that has recently been discovered, and it defies materialistic notions of the brain. Terminal lucidity is defined as an "unexpected return of mental clarity and memory shortly before death in patients suffering from severe psychiatric and neurologic disorders."

Skeptic Magazine editor, Michael Shermer, likes to bring up the notion of "Where is Aunt Millie's mind when her brain dies of Alzheimer's?" His claim, of course, is that when the brain has been destroyed by Alzheimer's, the memories in the brain are destroyed, never to be seen again. There were 83 cases of this as of 2010, but if the brain =consciousness model is true, there should be NO cases.

An example of a case is one from M. Morse and R. Perry:

> *A 5-year-old boy had been in a coma for three weeks dying from a malignant brain tumor, during which time he was almost constantly surrounded by various family members. Finally, on the advice of their minister, the family told the comatose child that they would miss him, but he had their permission to die. Suddenly and unexpectedly, the boy regained consciousness, thanked the family for letting him go, and told them he would be dying soon. He did die the next day.*[180]

Dr. Michael Shermer, in November, 2007. There is no reference to any of these sources, of course. Shermer and I clashed on a *Larry King* show on July 13, 2007, and again in a three-hour debate rules for debunkers: "Don't bother me with the facts; my mind is made up." Shermer continued to express his irrational negativity in appearances in January 2008, attacking the sightings in Stephenville, Texas, on *Larry King* and elsewhere.

The contact modality of Terminal Lucidity negates that whole theory that the brain is too damaged. The term was coined by biologist Michael

Nahm in 2009, to describe the brief state of clarity and energy that sometimes precedes death.

People who have Alzheimer's and haven't spoken for years, for example, can suddenly have this moment of lucidity often occurring near the time of death. While in this state, they will remember everything, are lucid, can carry on conversations with loved ones and say goodbye, even though they can have massive amounts of brain damage.

If it is true that the brain and its memories have degraded so, why are these fully advanced, Alzheimer's patients suddenly getting not just some but all of their memories back? The pattern is that they usually die very shortly after.

Terminal lucidity also happens in patients with tumors, strokes, dementia, and psychiatric disorders. It seems to show that memories are clearly not in the brain, and that terminal lucidity is some form of dissociation that allows access to all the memories one last time. The same way, in fact, that a person with HSAM can access exact details from 50 years earlier.

The memories are there. It is simply a matter of finding out how to access the field.

Life Review

Speaking of accessing memories from the field through dissociation and trauma, one of the best examples is the scores of stories told in various contact modalities of a life review.

In it, all major events of the person's life are reviewed, and the person gets to feel the emotions of every one of the people they ever interacted with. The life review also includes the report that time slows down or stops while this process goes on. What appears to take hours or years happens in seconds.

A life review is reported in many of the contact modalities around death, such as NDEs, OBEs, and the regression work done for LBL cases.

This might lead to the conclusion that it only happens around death, and that would not be true.

One clear example that shows this is not the case is the story told by Jean Houston, who helped Hillary Clinton write the book, *It Takes a Village*.

The Houston life experience shows us that a life review can happen from dissociation caused by trauma or fear.

Houston stated that her life review came when she was 19 and was skydiving. She jumped from the plane and pulled her ripcord. She pulled again, and nothing happened. She realized she might be about to die as she saw the ground approach.

The next thing she knew, she had a life review. Time stopped as she watched every event of her life:

> *I entered an amplitude of serenity, and I found myself in a life review…The categories of time were strained by the tensions of eternity. Eternity had entered local time…I seemed enveloped in a vast field of consciousness that provided all and everything. I was a tiny dot in this field, and yet I was all and everything. It felt like I had a vantage point from beyond space-time wherein I could view the history of my life in space-time. This glorious experience went on forever…*[181]

The next thing Houston knew was that she was on the ground, the parachute was open, and she had a sore ankle from the hard landing.

SPIRIT MODALITIES

Ghosts

This has something to do with death.
-Anne Strieber's comment while editing the 200,000 letters that came in from readers about Whitley's UFO abduction book, *Communion*

Ghosts and spirits were some of the contact modalities that Rey Hernandez was shown in his 2013 out-of-body experience that led to the formation of the Foundation for Research into Extraterrestrial and Extraordinary Experiences.

The FREE survey, consists of two comprehensive quantitative surveys, of more than 600 questions, and two qualitative research instruments that were given to thousands of participants. It showed that of the experiencers who answered the question, 76% of them stated that they had seen a ghost or spirit.

The other important connection between ghosts and spirits is that many experiencers claim that they saw dead relatives or pets on the UFO and that they were very much alive.

Some of the people who experienced this were not happy, thinking that the beings were trying to manipulate them.

Our deceased loved ones must have something to do with our reality and what the beings are trying to show us because there are many spirit-related phenomena reported by experiencers. For example, in the FREE survey, 53% claimed they were given spiritual messages, 31% received messages about God, 26% got messages about reincarnation, 30% received messages about life after death, the death process, or the spirit world. [182]

There are thousands of books written on ghosts and communications with dead people that people can read.

Recent research being done by Gary Schwartz and others have even claimed that we are on the threshold of being able to communicate with the dead through highly advanced communication equipment.

For this book, I have just added one new story to the many told elsewhere. It is from my friend Mark:

The story starts when his father has a massive stroke after several minor strokes over 4 or 5 years. Because his father was near death, Mark asked him, “Dad, if there is something over there, can you please let me know.”

His father replied, “I would do anything for you, Mark.”

Mark was not expecting anything, but here is what happened. The day before he died, the father had this massive stroke. He didn’t want to be in the hospital but wanted to die at home. He died the next morning at about 3:30.

To help his mother, before his father’s death on August 12, 2017, Mark had installed cameras in his father’s house, so he could look in and see them remotely.

Mark had gone home and was trying to process the terrible state his father was now in. He climbed into bed, and his small son joined them as he usually did. He was a very active sleeper and did a lot of kicking. Mark continues the story:

> *I finally get to sleep, and I wake up at 2:30 or 3:00 in the morning. I logged in to the infra-red cameras I had installed, and I see him there in his bed under the covers. I hear this very labored breathing. It was really, really strenuous. The covers are moving, and I am brought back into that thought that this is terrible. I watch for a couple of minutes.*
>
> *I logged off and put the iPad down on the nightstand next to my bed. I am just lying there thinking about the situation.*
>
> *Then my son lying next to me totally asleep, and suddenly he goes ‘aaaaaahhhhhh,’ and it sounds like he is going to start hyperventilating. His body starts to spasm. He starts to stretch his arms and legs, and he gets to this really elongated position, and he starts making sounds like he can’t breathe.*
>
> *I was watching him, and I put my hand on him. I could feel the rigidness of his back. I went, ‘Oh my God.’ Then he relaxes and calms down, and he rolls over and looks up at me like, ‘what’s up, dad?’*
>
> *I reach over for my iPad, and I am in such a panic. I knock the iPad off and on to the floor. It is dark, and I reach down to get it. I am trying to log in, but I can’t because I am going a mile a minute. Finally, I slow down, and I log in. I got to the*

camera in his bedroom, and it is silent. There was no movement.

My mother, who was an early riser, was on the couch in the living room. I called the house. I said, 'how are you doing? Can you do me a favor and go and check on dad?'

She's a doctor. She said, 'Ya.'

She gets up, and she walks in as I am watching on the camera. She puts her hand on his throat and then on his wrist, and she said, 'Yes, he's gone.'

The next part of the story happened when Mark had to go to his father's house in February 2018, to get papers that were needed to file corporate tax. The father was often late in filing, and so this year, Mark wanted to be proactive in getting the taxes done. Mark had scheduled a full day to go through the office papers. When he arrived at the house, he felt uncomfortable being there without his father and his guidance:

I arrived at the house very early when my mom was not there, as I did not want any distractions from the task at hand. Standing in front of his desk, I again realized that what I was searching for could literally be anywhere in a number of different locations…

I began to go through a couple of folders that were on the desk, never thinking that I would find the materials there. I was on autopilot trying to be thorough with the most easily accessible documents before I went on to the more specific and detailed locations where these papers would probably be located. That's when I heard my father's voice in my head as clear as ever.

He said, 'Hey, I have got something for Seria.' There was no hello or how are you or anything to do with me or my search. It was just a calm and nonchalant statement of fact.

I was shocked and thought my imagination had gotten the better of me. I paused for a moment, but then I heard him again. He said, 'I've got something for Seria.'

Knowing my father's voice but not really believing that it was him, I laughed it off and continued my search.

Again, 'Mark, I've got something for Seria.'

At this point, I wasn't laughing anymore. I was becoming increasingly annoyed with these pesky voices that were continuously interrupting my business.

I decided to challenge it. I was starting to wonder about my own sanity and this voice that was claiming to be my father….in my head, I said suspiciously and patronizingly, Oh, you're my father, and you have something for my daughter? If you were really my father, you would know why I am here, and how important what I am doing is.

Expecting silence, having put it in its place, I was shocked when I heard very calmly and without the slightest anger, 'we both know that what you are doing isn't that important.'

My father had been very successful and considered these kinds of time concerns to be petty and not worth worrying about. He would tell me this is why they make extension periods.

Standing at his desk, I was becoming increasingly frustrated with the experience. I walked back and forth in front of the desk moving my hands up and down, screaming and cursing at the ceiling…

After about ten minutes of me venting and becoming increasingly frustrated, I realized this wasn't going away. I then heard him say, 'You will find it.'

I paused and realized what this meant – he didn't know where this thing was!!

I didn't want to sift through his belongings. I was not going to do that.

Calmly and patiently, he said again, 'This is important, and you will find it.'

I was standing at his desk and very unwilling asked, So, what am I supposed to do?

I then heard him say, 'It is in a drawer.'

Great, I thought. There must be over 100 drawers in this house." There was no way that I was going to be searching through all of them.

He repeated, 'Don't worry, you will find it.'

Not really believing him and being extremely upset at this whole experience, I turned around and noticed a small tabletop jewelry type box with six smaller drawers.

'Not there,' I heard.

'Where then?' I asked. I immediately felt the urge to try a furniture piece that was located in the upstairs family room just around the corner. I knew that he kept some backing and personal items there. I walked to this hutch type dresser and opened the top drawer. There were some checks and pens in the drawer… was it a pen, I thought? Does he want her to have a pen? No, I thought. This is not it, and I went on to the second drawer…nothing seemed to make sense.

Then I heard him say very excitedly, 'check my bedroom below the TV.' I looked down and looked at the remaining drawers. I opened them and did a quick visual search.

Then I heard again, 'NO, the bedroom!!'

I closed the drawers and headed down the hall to the bedroom. I stopped at one of two matching tables in the hallway that had lamps on them. Each had four drawers. I opened two simultaneously. There wasn't anything in them except for extra light bulbs. I closed the drawers and reached for the last two. I heard him again, 'NO, the bedroom below the TV!!'

I sprinted down the hall to the bedroom. I was in full communication mode at this point. Looking towards the left of the room, I noticed the numerous dressers and drawers below the 70" TV. There were two smaller drawers to the left. One had four, and one had six drawers. Then there was a larger dresser with twelve drawers, which was directly below the TV.

I knew that this larger dresser serves as clothing for my father and that there would be socks and underwear present. I did not want to search through my father's personal items - especially underwear.

I turned back to the two smaller dressers and again heard, 'NO, below the TV!!'

Reluctantly I walked up to the larger dresser. I opened the first top left drawer. There were ties and some new shirts still

in their packages. I closed it and opened the one below it. I found some more ties and unopened socks…. I then heard him say, 'Try the right side.'

Again, I opened the top drawer to my right, and there were some sunglasses and a few smaller travel items. I closed the drawer and opened the drawer below it. I found a watch and some cuff links and some other jewelry. These were all very nice and made me think of how much I missed my dad. None seemed to be appropriate for a seven-year-old girl.

I closed the drawer and opened the next lower one…I noticed in the back part of the drawer a small white box. It stood out and seemed out of place. It was the only box in the drawer. Looking at it, I asked, 'Is this it?' All I heard was laughing. My father was laughing.

I reached for the 2" by 2" box and pulled it out of the drawer. It has Swarovski SCS on the cover with a little black swan. I opened it and saw its contents - a beautiful light blue crystal. I was starting to freak out. This was so strange. Why would he have this? It didn't make any sense. This whole experience seemed unbelievable. I started to feel bad that I was initially so resistant to believe. Holding this little crystal heart, I thought of something that my father had told me years before when we shared that my wife and I knew we were having a baby. He said, 'you will know what it's like to hold your heart in your hands...'

Walking back to the office to resume my search for tax information, and in somewhat of a state of bewilderment, I placed the heart in its box on the top of the staircase as I had done so many times before.

'No,' I heard, 'put it in your car right now, so you don't forget it.' I would repeatedly forget these things as I rushed out of the house to pursue the day. I picked it up and walked down the stairs. When I reached the last step, I hear 'because she was sad,' and I started to break down.

I was remembering a conversation I was having with my daughter approximately ten days earlier when I was discussing the possibility that maybe after someone dies, you could just think of them. Maybe just imagine them, and what they looked like, and they would be with you at that moment.

My daughter Seria, who was named after her grandfather, started to cry, saying she couldn't do it. She couldn't remember her poppa, and she missed him. She was sad that he wouldn't be there with her. She was truly inconsolable. I pulled her head into my chest and cried with her, saying, 'It's Okay. It's Okay. He sees you,' but really feeling the heartbreak of a seven-year-old missing her amazing grandpa…

Later that night, I shared the story with my wife, and she was speechless. She had but one question. 'What is Seria's

favorite color?'

'Pink,' I quickly replied. 'There's pink all over our house, and all over her bedroom.'

'No,' said my wife, 'It's blue.'

Psychomanteum

In ancient Greece, they use these big cauldrons that were metal cauldrons that were highly polished on the inside and filled with water and a layer of olive oil, so it looks like an optical clear depth. When you set that up you can do it very simply at home with a mirror and go through these exercises and you can actually seem to see and converse with the spirits of departed loved ones. I'm not making this up. I published this years ago and subsequently it's been repeatedly replicated by numerous others. There's a lot of other scholarly reports on it after my book so believe it or not, this works.

-Dr. Raymond Moody

Dr. Raymond Moody has been well-known for his books about near-death experiences since the 1970s.

Early on, Dr. Moody realized the psychological value of reconnecting families with their deceased loved ones. There are such positive effects on the psyche of families when apparitions of their dearly departed loved ones have appeared. This leaves many to feel that their loved ones are safe and watching over them. Moody likened the benefits to that of grief counseling. Through the process of afterlife communication. What if there was a way to generate these apparitions? Could this revolutionize the way we view death? Could it bring peace to those grieving death?

Moody had long been interested in recreating NDEs but it wasn't until a book literally jumped off the shelf, landing on his foot that he was guided to research the Psychomanteums of the Greeks. The book was about crystal gazing, leading him to attempt to recreate this realm himself.

In the 1990s, he built a chamber that was completely dark, illuminated only by one candle. The room had mirrors suspended at an angle where they could reflect nothing but darkness.

Subjects sitting in front of the mirror were able to see their deceased loved ones within the reflection. Often the spirit would come out of the mirror and appear as a physical being in front of the person. He felt that "mirror gazing makes the realm of the unconscious accessible and in a sense *visible*."[183]

He brought many people through these experiences, and he obtained astonishing results

Psychomanteums go back to the Necromanteion of Ephyra, one of the most important temples of ancient Greece used by those wishing to communicate with the dead.

Through ritual, prayer, ceremony, and sacrifice, the faithful would pass through stone temple mazes to chambers where they would experience visions and be able to parle with the spirit world.

The most prominent example of research that was done in this area was financed by Robert Bigelow as part of his $3.7 million donations to UNLV for a chair in consciousness studies. Jacques Vallee spoke about it in his book Forbidden Science Volume 4:

> *Leading parapsychologist Dean Radin has moved over to the consciousness research lab funded by Bigelow at the University of Nevada: 'He'll do the daily research, concentrating on the Psychomanteum work, which implies a scrying environment.'*[184]

Mental Projections

Why, human thought is a real element, a real force, darting out like electricity from every man's or woman's mind, injuring or relieving, killing or curing, building fortunes or tearing them down, working for good or ill, every moment, night or day, asleep or awake, carving, molding and shaping people's faces and making them ugly or agreeable.

-Prentice Mulford, "Thoughts Are Things"

Thoughts are indeed things. If John Wheeler was right that it is a participatory universe, then we build those physical items. If we can mentally build them physically, it would follow that we can build spirits and ghosts which fall outside of the physical world. This is exactly what

was behind the “Philip experiment” run by eight parapsychologists in Toronto in 1972.

The Toronto Society for Psychical Research conducted the Philip experiment based on the theory that ghosts do not exist independently of themselves, but are a manifestation of the people involved in seeing them. Dr. G. Owen, who ran this experiment, believed that ghosts were hallucinations created by those who believe in them.

What the group did was to create a fictional individual named Philip. They gave him an elaborate lifetime story filled with made-up events and his death. After using the table tipping method of contact, they did indeed do so.

Slender Man

Is a fictional entity that was created by the winner of an online photoshop contest where people were asked to create a new, scary, ghost-like image.

A mythos was also created regarding Slender Man and posted in forums across the country. Although fictional, many people across the world started dreaming of this character and seeing him in their bedrooms at night. This then led to a near-fatal stabbing of a young girl who claimed to believe the Slender Man was going to kill her family if she did not commit the crime. Several other violent acts were perpetrated in the name of this fictional being. The question is if enough people believe or give energy to fictitious beings, do they come into existence?

Tulpa s

Is a term originating from Buddhist texts meaning ‘illusion’, ‘magical emanation’, or ‘phantom.’ This term today refers to the manifestation of an entity or being created in the minds of others when they collectively hold similar intentions.

Tulpas and thoughtforms do exist in another realm and have been known to act independently of their creators and may also appear as apparitions.

Egregores

Are forces or entities created by the collective thought of a group of people who come together and have similar, strong intentions. Common in religions, these beings are thought about with such intense emotions, they are actually created. They can last hundreds of years, creating a give and take in the relationship between them and the group members, both influencing each other. The egregore will take energy (through prayer, devotion, etc.) from the group and will be available to give guidance and messages with those in the group.

These egregores can be created within political parties, sports organizations, and cults.

According to Theosophists Annie Besant and C.W. Leadbeater, there are three classes of thoughtforms. The first class is "that which takes the image of the thinker." The second class is "that which takes the image of some material object." The third class is "that which takes a form entirely its own, expressing its inherent qualities in the matter which it draws around it." To this list, I will add a fourth class – that which takes the collective form of a group-mind known as an egregore. Although there are four distinct classes of thoughtforms presented here, they nonetheless have overlapping qualities that are evident in the following cases.[185]

Egregores author, Mark Stavish declares:

> *...autonomous psychic entity created by a collective group mind. An egregore is sustained by belief, ritual, and sacrifice and relies upon the devotion of a group of people, from a small coven to an entire nation, for its existence. An egregore that receives enough sustenance can take on a life of its own, becoming an independent deity with powers its believers can use to further their own spiritual advancement and material desires."* [186]

CONTACT MODALITY: DIVINATION TOOLS

Contact modality tools are simply tools that people can use to make contact with angels, aliens, spirits, and other things outside the normal waking state consciousness.

Most of science and much of society would generally be skeptical of these tools, but like the priests who refused to look through Galileo's telescope, they are relying on deeply held beliefs rather than anything they may have studied about the subject.

A story that illustrates this is told by James Fadiman sitting beside Abraham Maslow on the way to a conference in 1971. Fadiman recalled the conversation:

> *I don't remember which book it was, but there was a footnote that said that basically astrology, the I-Ching, and related things are claptrap. I suggested to him that he take that out because: 1) He really didn't know what he was talking about and he was biased 2) A lot of his friends would be disappointed in him because they were doing research in those areas. He took it out.*[187]

Daryl Anka, who channels the being known as Bashar accurately describes these tools of contact as 'permission slips.' If you believe they will work for you, they will. They give the user permission to be able to access the other side, according to your belief system.

A good example came up during my conversation with Deb Frueh. She has been a tarot card reader for decades and has a strict protocol of how she does readings. Yet, during my conversation with her, she suddenly stated, "I can read without the cards."

The idea that Frueh demonstrates is that the talent to do the contact has nothing to do with the tool being used. It might make the task easier, but the ability to make contact still resides with the person using the tool.

Ouija Boards

Ouija boards or ‘talking boards’ have been used since the mid-1800s. These are simple wooden planks that have the alphabet, numbers, Yes, No, Good evening, and Good-night printed on them.

William Fuld, was perhaps the creator of the first commercial board at the end of the 1800s (though this was disputed in court).

In Australia, during the early 1900s, there was a big interest in spiritualism and Ouija boards were often used as nightly entertainment after dinner parties.

Boards came with instructions for use and precautions to use them, as it was believed that spirits who are brought through the board could be mischievous.

There are endless stories of people using Ouija boards throughout the years and making contact with this field of information and intelligence beyond the waking state consciousness. Here are some of the better stories that indicate some contact taking place:

Pearl Curran was a 31-year-old homemaker, who in 1913, was playing with an Ouija board when a message came across:

> *Many moons ago, I lived. Patience Worth, my name. Wait, I would speak with thee. If thou shalt live, then so shall I. I make my bread at thy hearth. Good friends, let us be merry. The time for work is past. Let the tabby drowse and blink her wisdom to the fire log.*

The spirit, Patience Worth, claimed to have lived between 1649 and 1694. Pearl Lenore Curran began to connect with the spirit of Patience which led to an incredible four-million-word collection of books and poetry exhibiting, "phenomenal memory, phenomenal speed, and phenomenal complexity of mental operations." Patience Worth was listed as one of the outstanding authors of 1918 by The Joint Committee on Literary Arts of New York.[188]

A controversial story of an Ouija board concerns Bill Wilson, who was one of the co-founders of Alcoholics Anonymous and the man who wrote the *12 Steps and 12 Traditions,* which is the key manual used by A.A. members.

Wilson had a trauma-filled life, which may have allowed him through dissociation to easily make contact through Ouija boards. He also held séances and was able to trance channel.

What is not widely known is that Wilson wrote the *12 Steps* book with the help of an Ouija board and a 15th-century monk by the name of Boniface.

In a letter to a Roman Catholic priest, Rev. Ed Dowling Wilson wrote of his first encounter with Boniface:

> *One turned up the other day calling himself Boniface. Said he was English and a Benedictine missionary.*
>
> *I had been a man of learning, knew missionary work, and a lot about structures. I think he said this all the more modestly, but that was the gist of it. I'd never heard of this gentleman, but he checked out pretty well in the Encyclopedia. If this one is who he says he is - and of course, there is no way of knowing…."*[189]

Another story of the Ouija board that most people don't know is that the modern-day, direct interaction with extraterrestrials came through an Ouija board. George Hunt Williamson got a message on a homemade board that led George Adamski and others to the desert in November 1952, where the contact with Orthon took place. Orthon was said to have been from Venus and his appearance in the desert was witnessed by 6 other people.

Through the Ouija board the aliens said:

> *Good and evil forces are working now. Organization is important for the salvation of your world. Contact us as soon as you can. There is a mass of planets in the organization. Why are your peoples unbelievers? You have begun the research. The time is up to you! Look up into the skies above you. We are friends of those interested, but we are not interested in those of carnal mind. By that we mean the stupid preservation of self; disregarding the will of the Creative Spirit and His Sons.*[190]

The Ouija board story that I got entangled with involved my friend Teza, who has a TV production studio in Toronto.

During one of our discussions, I mentioned that I was attending the UFO Congress in Phoenix, Arizona. She was interested and said she had never been to a UFO conference and would like to come. A couple of days later, she was there watching lectures and networking with people.

She ran into two ladies who had built their own version of an Ouija board, except the one they made, was set up like an alien communication board. Teza ended up with these two women and others in a hotel room trying to use the board to communicate.

Suddenly there was a message from the board saying, “We want to talk to Nanteza.” They all looked about the room and said, “Who is that?”

“That would be me,” said Teza. “That is my real name. I only use Teza as that is easier for people.”

The board started to talk to Teza, and it went on for quite a while. Finally, the others tried to change the subject and call on someone else.

The board replied, “No, we want to talk to Nanteza. We invited her here.”

The next morning, I saw Teza racing down the hall with the scribbler she takes notes in. She called out, “I have a story to tell you.”

I replied, “Good morning Nanteza.”

“Oh, you heard the story already,” was her reply.

One other story that can be added to the scores of Ouija board stories is the testimony of Charles Topham, who, with a group of four others, interacted with a spirit named Addie. She claimed to be a 12-year-old girl who had once lived in the house they were using the board in.

Addie would send messages via the board but also would producing apports for the group. Up to four apports would appear in one night. One of the most dramatic was a Lapis Lazuli stone with gold and silver inclusions in it.

It started when they asked for Addie to give them some swords, and she said, “No, but I can give you a stone.” Anne, one of the girls in the circle, said that it would be nice.

Addie asked what color they would like. Anne had just bought a beautiful deep blue shawl that she was wearing, so they asked for that color.

Addie asked Anne if she would like some gold and silver in it. Everyone around the Ouija board said, Sure. They were told to go and get the Bible. They found it and found a set of Tarot cards that Annie had just brought into the house that evening.

Addie said to open it and race through the pages. As she did, Addie said, “stop and look.” When Anne read the page, it talked about “the blue waters of the Nile.”

At this point, Topham got the feeling that the board was building up energy. Addie said, “Race through the book again.” The glass they were using as a planchette was whizzing around. It had never done this before. Addie said, Stop. On the page was a reference to the “gold and silver of Solomon.”

A tarot card that was identified in the deck had someone wearing blue

The glass raced around again and then said, “Here.”

Topham saw nothing on the tabletop, so he said, “there is nothing here. Do you mean it is here in the other dimension?”

“Jesus, you lot are slow tonight,” replied Addie, “look under.”

The next thing Topham knew, Annie was shaking and shrieking, “Look!!” As the others looked, there was a lot of swearing.

Annie held up a Lapis cabochon stone and held it against the scarf. It was a complete match.

Anne said, “I only bought the shawl this morning.”

Addie started up and said, “Nothing happens by chance.”

The second dramatic apport was delivered when the group asked Addie what she looked like. All she would say is, “I look like Angela,” who was one of the girls in the group. Angela had long braids at the time. This second event was caught on audio in 1989 when it occurred.

Angela had had a dream of Addie as she had all of the other five in the group. Being an artist, she drew Addie and placed the photo in the top right corner of an easel that was in a room beside the kitchen.

As they were doing Ouija sessions, Addie said, “want to know what I look like go next door. Top right.” They all went into the next room and saw the drawing in the top right of the easel, they thought, that’s cool and went back to the Ouija board in the kitchen.

Addie again said, “You want to know what I look like?” The glass planchette started racing around the board. Then it spelled L-O-O-K –U-. They didn’t even complete the word as everyone knew that this meant under the table.

Angela looked under the table, and there was a photo. She cried out, “Gees, a photo. Gees crips, top right is me. That could be me. I’ll bring you some pictures of me. Brilliant.”

Angela's sister said, "that looks exactly like you when you were that age." It was a school photo that appeared to be from the late 1900s, and the edges of the photo were singed as happens with all apported photos. In the top right was a girl with braids and a bow in the top right of the class photo.

Graham, one of the members, said, "Is that what you looked like? What can you say?"

They never did figure out which school or class the photo was of, but they did look.

Dowsing

Dowsing has been used throughout history to search for underground water, gems, oil, and energy lines. Today it is used to possibly connect with one's higher self to receive information on things from which foods/medicine to eat, to finding lost animals, to locating underground hydro lines. In the old days, twigs in the shape of a Y (Y-rod) were used for water divination, but now pendulums are easy to find or make, as are L-rods. Depending on what you are using them for different types can be useful. One could make a basic pendulum even by using a nut on a piece of fishing line.

Dowsing was also used by the US military to find tunnels in Vietnam.

Uri Geller uses dowsing to find oil and gas sites for oil companies. I asked the producer of the GAIA series Uri just completed if he is good at it,

and the producer told me that they pay him huge money to do it, indicating that it probably works.

My father, who was a bit skeptical of the paranormal, was shown by someone at work to use dowsing rods. He came home all excited and showed me how they worked. He wandered around for days looking for things and trying to figure out what the trick was.

Tarot Cards

Tarot cards are a form of divination and have been used since the 14th century, in Northern Italy, when the Visconti-Sforza deck made its appearance. Playing cards had also been used for divination purposed and were called cartomancy. French occultist and author, Eliphas Levi (1810-1875) was perhaps the first to link the tarot cards to the Sephirot in the Jewish Kabballah.

Esoteric groups such as The Rosicrucian's, the Hermetic Order of the Golden Dawn, the Theosophical Society, and occultist Aleister Crowley all believed the Tarot was key to gaining insight into the purpose of our existence.

The major arcana of the Tarot is also linked to the Kabbalistic Tree of Life and follows what's known as the Fool's Journey.

The process of reading tarot is similar to other forms of contact modalities, such as psychism or mediumship.

Deborah Frueh further established this when she said to me, "I can read without the cards." It is the person and not the cards who are making contact.

Frueh, the founder, and promoter of The Worldwide Metaphysical Tribe, further confirmed to me that the tarot cards are just a tool used by the intuition of the person. She described to me that she holds a yearly August conference in Illinois with professional mediums, Reiki masters, psychics, astrologers, and card readers who are all in contact with spirit. The name tags she uses at the event have the name of the person and the contact "modality" they practice.

Table Tipping/ Turning

contact tool used in the early 19th century, séances consisted of preferably lightweight card tables made of wood with four legs. This would allow four people to be comfortably seated around it and be able to hold hands to make the connection with spirit. Modern physical mediums also employ this technique, and it has been investigated by researchers such as Dr. Stephen Braude and Leslie Kean.

Dr. John Dee's Holy Table

In 1582, Dr. John Dee worked for Queen Elizabeth I as her personal astrologer. He was fixated on contacting his guardian angel, and with the assistance of his scryer, Edward Kelley, the pair claimed they were successful in converse with the angel Uriel. During these communications, Uriel provided specific instructions on how to construct the tools needed to best correspond. Two examples of these tools were a wax sigil, named the Sigillum Aemeth, and the scrying table or Holy Table. The table was inscribed with the language of the angels, which was thought to be the original language of humanity before the fall. This was later known as the Enochian alphabet.

It is through intense prayer and fasting that Dee and Kelley were able to receive numerous messages they believed to be from the angels.

I Ching

The Book of Changes is an ancient Chinese text used for divination. Traditionally, 50 stalks of yarrow plants were cast and deciphered using the philosophical wisdom contained within the 64 hexagrams.

Present-day practice uses three coins. They are tossed three times. Each coin's marking and their combination determines the subject's message. Cleromancy divination is the casting of small objects like these coins, but one could also use bones or stones. This modality is 3.000-years-old.

Runes

Viking used stones with sacred symbols etched on them in their divination practices. Twenty-four stones or cuts of wood, bones, or metal are

inscribed with letters of their ancient Germanic alphabet. Each letter is represented by a symbol that is interpreted into a special meaning. Casting runes were also used by early pagans as a divination method.

Tea Leaves, Coffee Grounds, Animal Bones

Tea leaf readers practice tasseography, which was commonplace in the 1800s. Mediums would set up shop at fairs where you would be given a simple cup of loose leaf tea. After finishing your cup of tea, one would swirl the cup and turn it upside down leaving the leftover leaves to clump. The reader would interpret the position of the leaves, foretelling your future. Coffee grounds and animal bones were used in the same way.

My family used to go for Chinese food every Saturday, and it always ended up with everyone giving my mother their teacup from the green tea to read their future.

No one expected much. They just wanted to laugh at what my mother saw because everything was an animal – usually a bird.

Psychometry

This is the ability of an intuitive to read past, present, and future energies by holding an object owned by the person asking for the reading, or an object associated with a deceased individual.

The prolific psychic Peter Hurkos used psychometry. He stated, “I see pictures in my mind like a television screen. When I touch something, I can tell them what I see.”[191]

A second psychic, Sean Harribance, was studied by researchers while doing psychometry and he did produce credible results.

The ability of people to be able to read objects indicates that these items retain a connection to the person who owned them, and this continues whether the person is alive or dead.

Scrying: Oil, Black Mirrors, or Blood

Scrying, is another form of foretelling the future using a crystal ball or other reflective object or surface. “Scry” means to see. Clouds and smoke

are also used. The ancient Babylonians used oil scryers, the Egyptian employed lamp scryers, and Europe had fire gazers.

Scrying was well known and bordering on popular in the 1500s, and even Paracelsus, physician, alchemist and astrologer from the 1500s, was known to contact spirits by looking into a block of shiny coal.

Scrying through divining was described in the Bible. Genesis 44:5 15, where Joseph describes a silver chalice used in divination.

Crystal balls were used in Victorian times by Dr. John Dee and many others as a pastime and also used widely in the Roman Empire. Dr. Dee was able to create the system of Enochian Magic through scrying.

The Wikipedia entry describes the same dissociative process to shut down the ego-mind as many other CMs, which supports the idea that it is just a permission slip – the same process using a technique that the seer believes in:

> *Many practitioners say that the scrying medium initially serves to focus attention, removing unwanted thoughts from the mind in much the same way as a repetition of a mantra, concentration on a mandala, inducing the relaxation response, or possibly by hypnosis. Once this stage is achieved, the scryer may begin a free association with the perceived images. The technique of deliberately looking for and declaring these initial images aloud, however trivial or irrelevant they may seem to the conscious mind, attempts to deepen the trance state. In this state, some scryers hear their own disassociated voices affirming what they see in a mental feedback loop.*

What is ‘seen’ is more vision-like. Such as seeing with your mind’s eye. These insights are decoded by the scryer and messages can be imparted to the client.

Necromancy

Necromancy is a CM involving attempts at communication with the deceased. Many cultures over hundreds or thousands of years have practiced rituals involving elaborate incantations, often using chanting, talismans, wands, and circles. Summoning the spirits of the deceased or even raising them bodily is still practiced today in some cultures. Magick is often used in these rituals and apparitions can often be seen. It may also be used for foretelling future events or discovering hidden knowledge. These ceremonies could carry on for hours, days, or even weeks, leading up to the eventual summoning of spirits. It seems that when rituals extend for such lengthy periods there will be dissociation as seen in many shamanic practices.

The act of resurrecting the dead, of course, was not seen in a positive light by the Catholic church. Perhaps the first account of raising the dead could be attributed to the goddess Circe, the daughter of Helios in Greek mythology. Homer’s Odyssey depicts Circe as an occultist who practiced magick and was known to have turned Odysseus’s men into swine.

APPENDIX 1 - The Mystical Experience Questionnaire

These are 30 items that help determine if someone has had a mystical or contact experience:

1. Freedom from the limitations of your personal self and feeling a unity or bond with what was felt to be greater than your personal self.
2. Experience of pure being and pure awareness (beyond the world of sense impressions).
3. Experience of oneness in relation to an "inner world" within.
4. Experience of the fusion of your personal self into a larger whole.
5. Experience of unity with the ultimate reality.
6. Feeling that you experienced eternity or infinity.
7. Experience of oneness or unity with objects/animals and/or persons perceived in your surroundings.
8. Experience of the insight that "all is One".
9. Awareness of life or a living presence in all things.
10. The gain of insightful knowledge experienced at an intuitive level.
11. The certainty of an encounter with the ultimate reality (in the sense of being able to "know" and "see" what is really real at some point during your experience.
12. You are convinced now, as you look back on your experience, that in it you encountered the ultimate reality (i.e., that you "knew" and "saw" what was really real).
13. Sense of being at a spiritual height.
14. Sense of reverence.
15. Feeling that you experienced something profoundly sacred and holy.

16. Experience of amazement.
17. Feelings of tenderness and gentleness.
18. Feelings of peace and tranquility.
19. Experience of ecstasy.
20. Sense of awe or awesomeness.
21. Feelings of joy.
22. Loss of your usual sense of time.
23. Loss of your usual sense of space.
24. Loss of usual awareness of where you were.
25. Sense of being "outside of" time, beyond the past and future.
26. Being in a realm with no space boundaries.
27. Experience of timelessness.
28. The sense that the experience cannot be described adequately in words.
29. Feeling that you could not do justice to your experience by describing it in words.
30. Feeling that it would be difficult to communicate your own experience to others who have not had similar experiences.

CONCLUSION

If the doors of perception were removed you would see the infinite.
-William Blake

A great many people think they are thinking when they are merely rearranging their prejudices.
-David Bohm

In the end, I think we are going to find that it is a single phenomenon.
-Jacques Vallee

Looking back through all the contact modalities, we are reminded that we are one facet of a universal consciousness enveloped in an electromagnetic web that is infinite in all directions.

The modern reductionist material paradigm is preaching that what we can see and measure is all there is, and anything outside this is an illusion – whatever that is.

The huge numbers of CMs point to the fact that we can tap into the 99.99999% of consciousness that we are not aware of. There is a group of people who are sensitive and can make this connection more easily. Some are more sensitive than others, and thus, like other skills, are better at it. The more we watch and learn from the people who are connecting with the extended consciousness field, the more we see certain patterns.

One weird little example would be a technique used to impede the left-brain while singing and allow the right brain to take over.

The technique involves giving the left brain a task to do to keep it occupied. Voice students are asked to sing the Star-Spangled Banner and replace each consonant with the letter "d." The challenging task gives the left brain something to think about while the person is singing. In being distracted, the left brain stops worrying about how the singer looks, how the singer sounds, and what other people are thinking of the singer. It instead frees the right brain to sing.

I maintain that we will eventually know what is happening that allows some people to connect to the field either through trauma or dissociation.

The beings, the spirits, and the aliens all have an understanding that allows them to access the field.

They can come into our reality because they don't have the left-brain ego noise that's keeping them out. They can come into our world, materialize, talk to us, and then go back into what appears to us to be another world.

Our problem is that we think we only live in this physical world. We think there is nothing 'out there.' The reality is that the world is what is 'out there' and here within us. We have a left-brain reducing valve blocking most of the consciousness field. Moreover, it makes us believe we are separate from that field.

The reduction of our consciousness is made by an ego mind creating noise to block the signal. It leaves us in a world that we think is real but is a lower reality dream.

This leads to asking the question of why the beings are here or why spirits are interacting with some people. Perhaps the question is, how are some people able to open up the reducing valve where they could not in the past.

What messages are these entities leaving us? What can we learn from the people who are interacting with the phenomena?

When it comes to UFOs, the amount that can be learned by tracking sightings, looking at metamaterials, and looking at UFO videos and pictures is limited.

The best way to learn what is going on is to talk to the people who are interacting with the phenomena and those people who have employed one of the CMs.

Allan Snyder, who runs the Center for the Mind at the University of Sydney, brought up the idea that in the early days of radio, people could send a signal across the world through radio. It would be all crackly and hard to comprehend. Despite its shortcomings, it was still a proof of concept.

That is the state of mind research today. Through things like magnetic stimulation, where the left brain is shut down, and the right brain is stimulated with a weak electromagnetic signal, we can give people savant-like abilities. We are on the verge of understanding our contact with the unseen 99.9999% of reality, which we assume in our narcissistic state does not even exist.

What is happening is that the top-down filters of perception are blocking the true reality of the universe. "We don't see what is out there,"

Snyder said, “We protect what we project what we know is everything, and that is a bottleneck to creativity.”

Finally, it is important to realize that many of the messages that come from the field beyond waking reality are putting out a message of oneness, which is the polar opposite of the capitalist survival of the fittest evaluation of reality created by the rational left brain.

Why does this matter?

We live in a world where there is more and more separation. Every day we see more of those around us as playing for the other team. Rather than empathize, we derived pleasure from their suffering and their loss.

This principle was proved in testing done with baseball and soccer fans. They were shown videos of sporting events while being monitored by an fMRI. What was discovered is that when they saw an injury to “their team,” their empathy part of the brain lit up. When the injury occurred to the “other team,” their pleasure center part of the brain lit up.

A world that sees everyone outside of themselves as the competition and where we get pleasure at other’s failures cannot last long.

It becomes a world where the driving force is our team winning and the other teams losing. With each day, the teams get smaller, and therefore the pain and lack of empathy increase.

Our feeling of oneness with the environment and world around us is lost, and it becomes a battle to take as much as possible before death to feel that we have succeeded. This new separation with the earth was described by David Bohm, who stated it appeared that “a swarm of locusts has descended on the Earth.”

This is seen in how the UFO story is being played out. No one knows exactly who they are, but teams are being formed.

Those working with TTSA claim they are helping the government form a national security policy for UFOs. That implies that they will be a threat, that we should be afraid, and that the government will create weapons to kill whatever the UFO intelligence is.

Possible Models and Explanations

The possible explanations for explaining contact modalities would embrace the concept that the body and brain are sender-receivers like a radio or TV.

Contact modalities are simply the body/brain radio picking up a new station we did not know was there. In regards to musicians, some people play music and then there are musicians. Some are better at the process than others.

Therefore, if someone claims to be able to go into the field through the channeling or mediumship and fails, it does not explain all channelers or mediums.

Consciousness is awareness- consciousness is not just the brain but the body. Consciousness is fundamental. It is everything. Understanding how consciousness and awareness work will provide the answer to everything. That is because everything is consciousness.

CMs are like putting on a pair of glasses or looking into a microscope. The reality does not change. Our perception of reality does change as we can now see more.

The perfect analogy would be an ocean. Our awareness is in the deep dark bottom of the ocean, where there is almost no understanding of anything. Awareness is effectively blind.

Then some type of event, like an NDE, psychedelic experience, head injury, or relaxation technique allows the awareness to rise in the water. Is it moving to another level or simply closer to the light at the surface of the ocean?

The higher the awareness, the more it can move up in the water, the more light there is, and therefore the more that can be seen. The awareness has a better vision and sees things it did not know existed.

Occasionally, the awareness will be able to get out of the ocean completely and see total reality. These moments of complete clarity are reported by abductees, those who have a near-death experience, those doing high-dose psychedelics, and those reporting samadhi experiences in meditation.

As I experienced in a noetic moment a few years back, all that exists is consciousness. The nuts and bolts materialism that we like to describe is secondary to the underlying consciousness. As Max Planck said, “nothing can get behind consciousness.”

The entire universe is a verb. It is a moving process that learns and evolves. Our left-brain scientific minds want to take the verb and break it down into many small nouns. We then declare that we have explained it and

the mysteries behind it. All we have done is described processes within the verb.

It is all one thing, like the ocean analogy. As modern quantum physics is starting to discover, there is only one thing that is alive and connected.

Einstein described it this way:

> *A human being is a part of the whole called by us 'the universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest – a kind of optical illusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening the circle of understanding and compassion to embrace all living creatures and the whole of nature in its beauty.*

Finally, everything is belief, as opposed to a collection of facts. We have gone from top scientists believing less than a century ago that there was only one galaxy and that we were in the center of it, to a belief now that there are two trillion galaxies.

This book is a 2020 theory of how reality works based on present experiments and understanding. The more information we get, the more we realize that we understood only part of a very complex whole and that this might be getting more complex as we move along.

The understanding of this complexity and our role in it should remind us all that we are all playing in the Super Bowl of all stories, and we may continue to play in it, forever.

Contact modalities are simply the keys that have allowed us to view the bigger picture of the whole. As science and new ideas advance one funeral at a time, the final answer may be years off. That does not change the fact that there are people, described in this book, who are at the forefront of that new world.

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